



# 2022 COMMUNITY HEALTH ASSESSMENT

Compiled by:


## SURRY COUNTY HEALTH AND NUTRITION CENTER

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# EXECUTIVE SUMMARY

## Vision Statement

A healthy and educated community where individuals and families are supported and encouraged to reach their full potential in a safe and clean environment.

## Leadership

The Surry County Health and Nutrition Center and the Surry County Board of Health helped to provide leadership and guidance for the Community Health Assessment (CHA) process.

## Partnerships

Partnerships	Number of Partners	Organizations
Hospital/Health Care Systems	2	Northern Regional Hospital Hugh Chatham Memorial Hospital
EMS	1	Surry County Emergency Services
County of Surry	5	Surry County Substance Abuse Recovery Surry County DSS Surry County- NC Cooperative Extension Surry County Media Department Surry County Economic Development
Behavioral Health Services	2	Insight Human Services Partners Behavioral Health
Law Enforcement	5	Surry County Sheriff's Department Elkin Police Department Dobson Police Department Mt. Airy Police Department Pilot Mountain Police Department
Fire Departments	3	Surry County Fire Marshall Office Mt. Airy Fire Department Elkin Fire Department
Pharmacies	3	Gates Pharmacy Elk Pharmacy Bridge Street Pharmacy
Public School Systems	3	Surry County Schools Elkin City Schools Mt. Airy City Schools

## **Partnerships cont.**

<b>Partnerships</b>	<b>Number of Partners</b>	<b>Organizations</b>
Private School System	1	Millennium Charter Academy
Educational Institution	1	Surry Community College
Businesses	1	Nester Hosiery
Local Organizations	4	Mt. Airy Chamber of Commerce Easter Seals UCP The Shepherd's House Jones Family Resource Center
Parks and Recreation Centers	5	Surry County Parks and Recreation Mt. Airy Parks and Recreation Elkin Parks and Recreation Pilot Mountain Armfield Center Camp Raven Knob Bpy Scouts

## **Regional and Contracted Services**

No support was received from regional community health initiatives or privately contracted vendors for Surry County's 2022 Community Health Assessment.

## **Theoretical Framework/Model**

The Surry County Health and Nutrition Center uses the Results-Based Accountability Framework (Clear Impact Scorecard). This approach helps to organize and improve the effectiveness of the programs taught. The RBA focuses on asking the most important performance measure questions, which are: How much did we do? How well did we do it? Is anyone better off? This Model keeps the SCHNC on the right track with planning, implementing, and evaluating its programs.

## **Collaborative Process Summary**

Surry County's collaborative process is guided by a CHA Team. This team reviews the primary and secondary data to determine the top priority health concerns within the community. Once the health concerns are established, agencies will work together to implement initiatives that address those concerns. Over the next 4 years, much emphasis will be placed on programs and efforts to reach diverse populations regarding the identified health issues.

## **Key Findings**

Surry County has approximately 71,359 residents, according to the 2020 census. Around 83.11% of the county's population is white, 11.91% are Latino, 3.49% are African American, 0.53% are Asian, 0.44% are American Indian or Alaska Native, and 0.02% identify as Other Pacific Islander. Approximately 89.66% of the total population speak English.

There is a growing population of older adults in Surry County, with over a fifth (approximately 21%) being 65 years of age or older. Over a third of Surry County citizens are in later adulthood, with approximately 35% being between the ages of 40-64. As the late adult/elderly population grows, we have to consider the potential for an increase in chronic health concerns. Around 50.92% of the population is female while 48.79% is male.

The median household income for Surry County is \$51,950 and the county falls 16.5% below the poverty line. The unemployment rate in the county is at 2.9% which is 1.9% decrease from where we were in 2018, at the time of the last CHA. Only 77% of Surry County residents age 25 and older hold a high school diploma or higher. In most households, both parents are working, resulting in 62.2% of children between the ages of birth and 2 needing some kind of childcare.

## **Peer County Review**

Compared to peer county, Rutherford, Surry County is doing pretty well when looking at the Median Household Income, percent below Poverty Level, and the Unemployment Rate as mentioned above. The overall death rate in Surry County per 10,000 residents (8.55) is much lower than Rutherford County (13.19). When looking at the unintentional injury death rate per 10,000 in Surry (8.83), it is comparable to that of Rutherford (8.84). Surry County has a higher rate of Fall Injury Deaths per 10,000 (3.08) compared to Rutherford (1.40).

Surry County had 78 Suicide Deaths between 2016-2020. The county has also had 47 Unintentional Opioid-related deaths since 2018, not including the data from 2021-2022. When looking at Emergency Department (ED) visits per 10,000, those that were seen for Alcohol Incidents in Surry County landed at 58.91 and Rutherford 102.72. ED visits related to Methamphetamine were Surry 4.06 and Rutherford 4.81. ED visits related to any type of Substance were Surry 125.53 and Rutherford 424.55. Those statistics show that Rutherford has had a much greater concern around Substance Use-related ED visits than Surry County.

## **Health Priorities**

The top 3 health priorities in 2022 were identified as:

- **Substance Use**
- **Mental Health**
- **Overweight/Obesity**

Other health and safety concerns fell around Communicable Disease, Injury and Violence, and Cancer.

## **Next Steps**

The Community Health Assessment will be shared with Community Stakeholders and Members. It can be found in the local libraries, Chamber of Commerce, on the Surry County Government website, and the Surry County Health and Nutrition Center's media outlets. As mentioned before, local agencies such as the Hospitals, EMS, local Health Department, and many others will work together to create a plan for addressing the identified health priorities.

The health priorities identified were also the top ones listed in the 2018 CHA. The community will continue working to implement existing and new efforts to help reduce the burden that these health issues have on our residents.

Surry County is truly a wonderful place to live and our hope is to give all that reside here the best quality of life possible.

If you have questions about the CHA please contact the Surry County Health and Nutrition Center at 336-401-8400.

# PROFILE: SURRY COUNTY, NC

## What Does Surry County Look Like?

Surry County is a predominantly rural county with 4 municipalities (Mount Airy, Elkin, Pilot Mountain, and Dobson). It can be found at the northwestern end of the piedmont, boarding Virginia and could arguably be associated with some of the more mountainous counties being that it falls between the Blue Ridge Mountains and the Sauratown Mountains. Covering 535.42 square miles, Surry County belongs to the Yadkin Valley and is known for its agriculture, scenery, and various vineyards.

Geographically, the county is home to mountains as famous as Pilot Mountain as well as to more humble elevations such as Buck Mountain. In between there are rolling hills, often occupied by farmland, temperate woodland, residential areas, small businesses, and commercial clusters within the municipal areas. Relatively large lakes are abundant throughout the county with the most prominent body of water defining the southern border: the Yadkin River.

71,359 individuals in the 2020 census called Surry County home . That's over 71,000 residents who the Surry County Health and Nutrition Center proudly serves and have been granted the privilege to protect, monitor, and prevent the jeopardy of their health.

## In The Pages That Follow

The pages that follow highlight the demographic properties of our county. Additionally, we will compare our profile to our comparison area, Rutherford County. Rutherford County is located near the southwest boarder of North Carolina, and boasts a population of 64,444 as of 2020<sup>1</sup>. The demographics of the State of North Carolina will also be observed. Comparing our attributes to that of North Carolina enable us to establish a median or mean value for us to compare our standing to (since NC has 100 counties, marking our standing is seemingly simple). A comparison to Rutherford County, on the other hand, provides insight as to what a similar county would do and how we differ or resemble a similar county.

Rutherford County's 2018 Community Health Assessment can be found at this link:

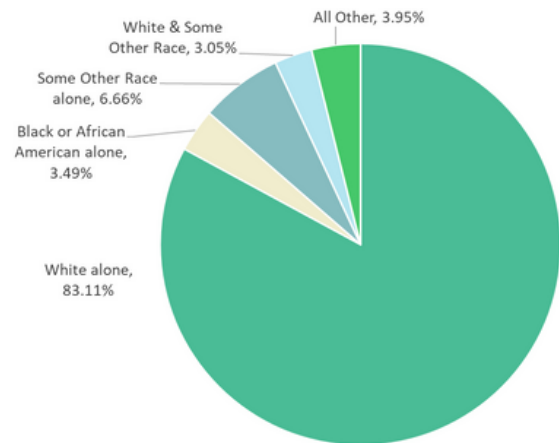
[https://schs.dph.ncdhhs.gov/units/ldas/cha2018/Rutherford\\_2018\\_%20CHA\\_Report.pdf](https://schs.dph.ncdhhs.gov/units/ldas/cha2018/Rutherford_2018_%20CHA_Report.pdf)



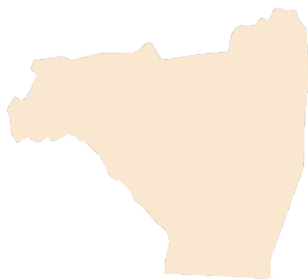
## Race



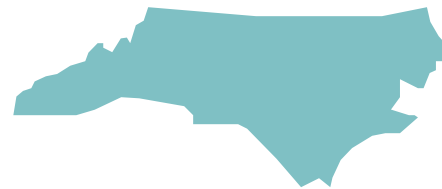
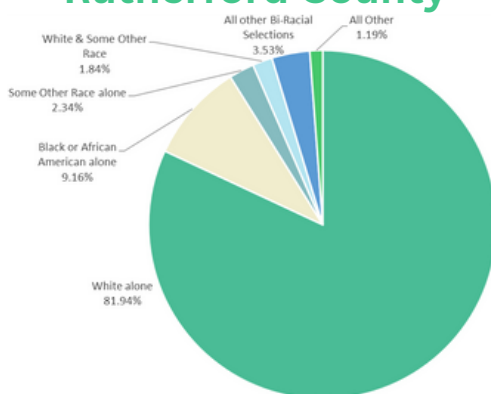
### Surry County



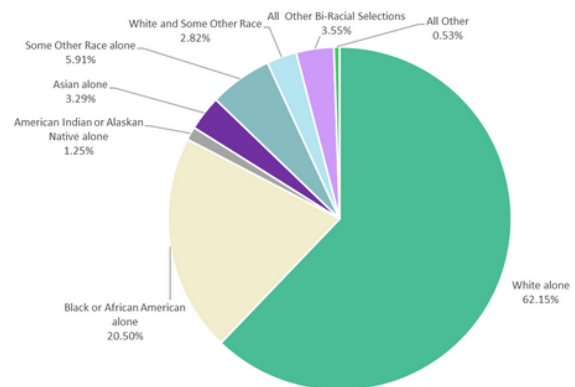
Surry County is composed of 83.11% White residents, making this racial group the majority. **11.91% of the population identified as Latino**, a significant portion of the population provided that 89.66% of the total population speak only English at home (9.06% speak Spanish at home). Independent of ethnicity, 6.66% of citizens reported “some other race alone” to the U.S. Census Bureau in 2020, making up the second largest racial identity in the county. The next largest groups, in order, are Black/ African American (3.49%), White and some other race combined (3.05%), all other biracial selections (2.70%, includes any two-race selection that is not White and some other race), Asian (0.53%), American Indian or Alaska Native (0.44%), three or more races selected (0.26%), and Native Hawaiian and Other Pacific Islander (0.02%)<sup>1</sup>.



### Rutherford County



### North Carolina



Compared with Rutherford County and the state, Surry County appears to be less racially diverse than its counterparts. However, Surry County has a higher Latino population than both the state and Rutherford at 11.91%, with **10.72% of North Carolinians and 5.10% of Rutherford County residents identifying as Latino**, independent of race. A curious correlation exists between those who identify as Latino and those who identify as "Some Other Race Alone". Looking at these 3 areas alone, a sustained positive correlation exists. This may infer that many Hispanic or Latino individuals do not feel comfortable identifying with a traditional race, and instead find the most comfort identifying with their ethnicity instead. Earlier research from the previous 2010 census seems to support this view<sup>2</sup>.

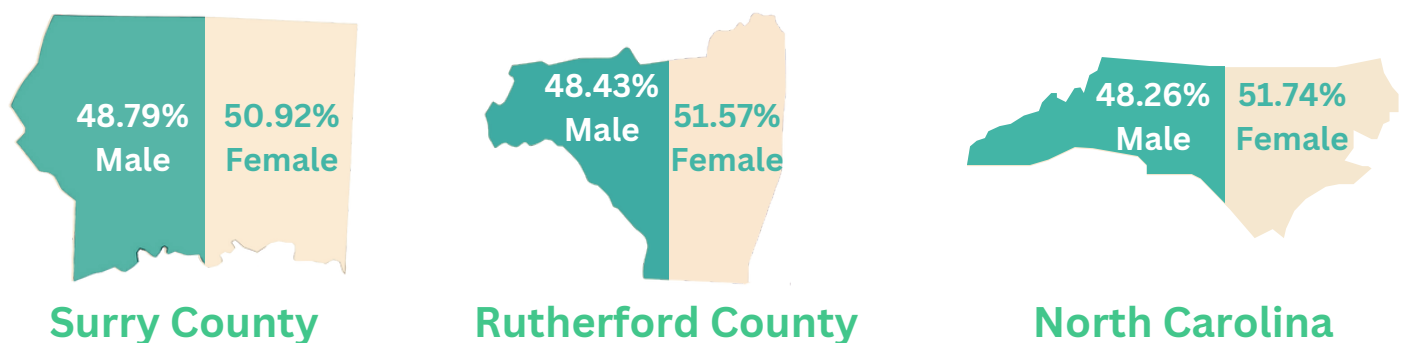
## Age



Like most of the U.S., there is a growing population of older adults in Surry County, with over a fifth (approximately 21%) being 65 years of age or older. **Over a third of Surry County citizens are in later adulthood, with approximately 35% being between the ages of 40-64.** With this statistic comes some practical concerns, such as what this means for the prevalence of chronic illness. Since many chronic illnesses, such as COPD and congestive heart failure, tend to not cause disability or distress until the later years in life, establishing information of current habits and exposures that lead to adverse health effects in 40-64 age group (1958-1982 cohort) may allow us to better prepare for the chronic diseases we are soon to encounter. Hence, the significance of monitoring population age data.

Compared to the state, Surry County's younger generations have a far weaker representation amongst the overall population. Rutherford County also seems to chart similar to Surry in that regard, showing a stronger proportion of older adults<sup>1</sup>.

## Sex



Compared to Rutherford and North Carolina overall, Surry's male-to-female ratio is slightly larger than the other two comparisons. The difference is not significant, however, compared to the other demographics that have previously been discussed<sup>1</sup>.

## Income & Economics

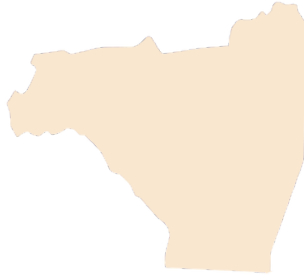


Surry County

**\$ \$51,950**  
Median Household  
Income

 **16.5%**  
Percentage Below  
the FPL

 **2.9%**  
Unemployment  
Rate



Rutherford County

**\$ \$45,500**  
Median Household  
Income

 **18.2%**  
Percentage Below  
the FPL

 **5.2%**  
Unemployment  
Rate



North Carolina

**\$ \$61,972**  
Median Household  
Income

 **13.4%**  
Percentage Below  
the FPL

 **4.4%**  
Unemployment  
Rate

Reporting income and economics as a component of demographics is not an easy nor clear-cut visual of who is struggling in our communities. The U.S. Census Bureau data shows that Surry County lies between the state and Rutherford County in terms of Median Household Income, and those below the federal poverty line<sup>1</sup>. The Department of Labor's Bureau for Labor Statistics also shows that as of December 2022, Surry falls short of the state's average for unemployment but fairs better than Rutherford<sup>3</sup>.

In Surry County, the detriments of income are not evenly distributed. Those most likely to be impacted by poverty were those with less than a High School Diploma (28.8%), with increasing educational attainment decreasing the likelihood of poverty. The most likely of those to be in poverty are, unfortunately, those under the age of 5 (23%). 18-34 year-olds were the second most impacted (21.1%). The US Census Bureau does not have statistics for racial specifications to poverty in Surry County other than that 15.9% of those who identified as White Alone are below the poverty level. Provided that Surry's average is 16.5%, racial and ethnic disparities in income may be responsible for increasing the overall portion. More research is needed for this matter<sup>1</sup>.

# COMMUNITY NEEDS

## What is a Resource?

The term "resource" often seems to be thrown around and applied to anything someone may deem useful. While this isn't necessarily false, for the sake of the Community Health Assessment, we define a **Resource** as an entity, organization, service, provider, or tool that can be used to promote the health of an individual. Thus, by ensuring the availability of and access to resources within the community, we promote population health.

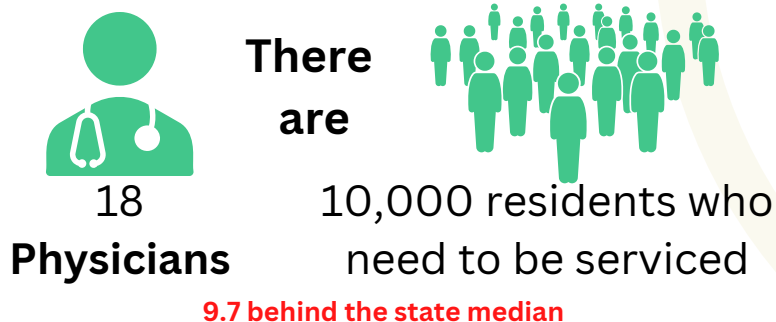
Surry County is home to hundreds of resources, ranging from housing to daycares to schools to crisis assistance. Many of those resources have been listed later in the assessment. An index of the resources that we have not only allows providers to refer clients for assistance, but it also provides us with a number of resources from which we can categorize and compare to neighboring counties and State data to determine if we have enough resources for our community. The pages that follow are dedicated to just that: needed resources in Surry County.



# Healthcare Needs

## For every...

*Data from the UNC "Sheps Health Workforce NC" interactive dashboard <sup>4</sup>*

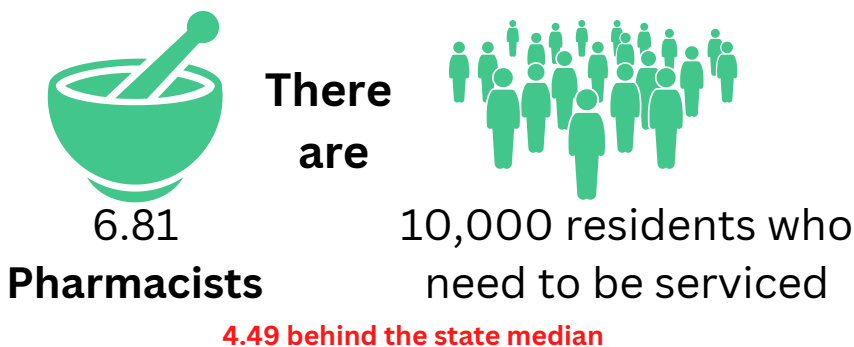


A healthcare-to-population ratio is a good metric for the quality of life for a population. In Surry County, 132 physicians reported to be operating in 2021. Over the county's population (71,359), that is approximately 18 physicians per 10,000 residents. The state of North Carolina, however, boasts a rate of 27.7. Rutherford County, NC, has only 11.4 physicians per 10,000 residents. When analyzed by physician specialty, there are some specialties that Surry County meets or exceeds the state median. These include Family Medicine (0.09), Gastroenterology (0.01), General Surgery (0.18), Geriatrics (0.13), Addiction Psychiatry (0.03), and Urology (0.32).

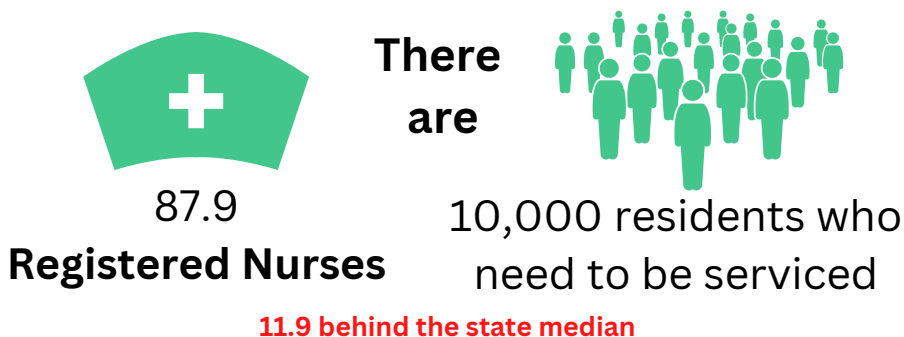
Dentistry offers another metric for provider-to-population measurements. Across all specialties and the general category of dentistry, with the exception of orthodontics (0.02), Surry County falls behind the state median for dentists per 10,000 residents. This includes oral surgeons and other dental specialists. Rutherford County follows with a rate of 2.31.



50 pharmacists claim Surry County as their primary service area. However, when configured to how many pharmacists serve 10,000 Surry County citizens, only 6.81 are available to dispense and review medications. This figure is just over half the state median. Rutherford County follows closely at a rate of 6.07



Registered nurses represent one of the largest skilled and credentialed providers in the healthcare workforce. Hence, while there is a significantly higher ratio of nurses-to-population, Surry County still falls behind the state median. Rutherford County, by comparison, has an even larger deficit at 54.6 nurses per 10,000 residents.

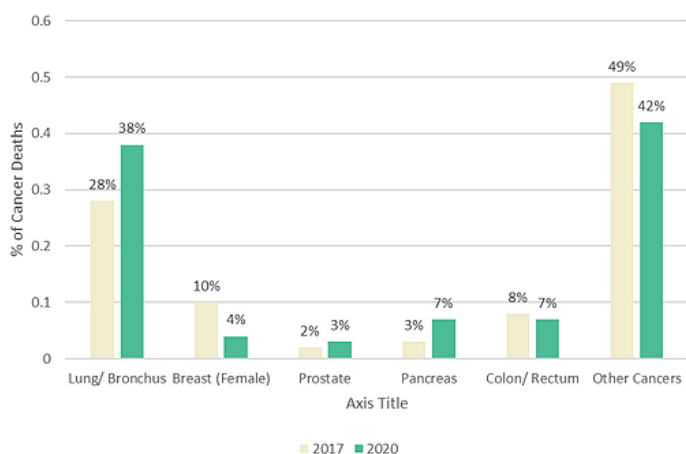


# Healthcare Needs

Needed resources are not limited in the healthcare workforce. In 2019, the 10 leading causes of death for Surry County as reported by NCDHHS begin to show why an adequate workforce is necessary in order to provide quality care to all of the individuals in a population. Starting from the highest, the leading cause of death in Surry County were cancer, heart disease, Alzheimer's disease, chronic lower respiratory disease, unintentional injuries, cerebrovascular disease, diabetes mellitus, nephritis and related disease, influenzas/pneumonia, and septicemia<sup>5</sup>.

## Cancer

Cancer encompasses a very broad array of malignant neoplasms. Cancer is the leading cause of death in Surry County, with a mortality rate of 20.2%. Approximately **38% of cancer deaths in Surry County are lung or bronchus related; the most preventable type of cancer**<sup>6</sup>. As displayed on the graph below, from 2017 to 2020, lung/ bronchus cancers made up a larger portion of cancer deaths in recent assessments than they did in 2017<sup>6,7</sup>.



The chart above shows a break-down of cancer deaths for Surry County based on the North Carolina Central Cancer Registry Profile data<sup>6,7</sup>. Combatting cancer will require a multi-disciplinary and multi-faceted approach to facilitate lifestyle and environmental changes. In fact, changes made already, such as a declining smoking rate, appear to be making progress: the 2017 profile reported 21.3% of cancer patients would succumb to their illness, higher than the mortality rate in 2020. From 2017 to 2020, Surry County has also remained **below** the state average for cancer mortality consistently<sup>6,7</sup>.

## Cardiovascular Disease

Cardiovascular disease encompasses any disease that impacts the heart or circulatory system in a manner to compromises it's function and ability. The cost of care for cardiovascular medical emergencies

are often high due to the intensive and chronic nature of the treatment. Despite cardiovascular disease, or "heart disease", being the second largest cause of mortality in Surry County, it was ranked relatively low on the 2022 Community Health Assessment Survey. However, overweight/obesity was the third highest concern and has a strong correlation with cardiovascular disease. This may be indicative of the need of more educational efforts to help individuals connect the correlation between obesity and heart disease. NCDHHS estimates that **in 2019, 36.58 people per 10,000 Surry County residents died from Cardiovascular disease**<sup>\*</sup>. This mirrors similar comparison trends to NC and Rutherford County; above the state rate of 25.74, and below Rutherford's rate of 41.43<sup>5</sup>.

## Obesity

Not only did our CHA survey results indicate that many Surry County residents identified obesity as a problem, but a large number of participants reported that they had a conversation with their provider about it. Both local community hospitals, Hugh Chatham Health and Northern Regional Hospital, identified Obesity as priority health concerns<sup>8,9</sup>.

According to Hugh Chatham Health's 2022 Community Health Needs Assessment, **adult obesity affects 36% of Surry County Residents**.

Obesity complicates multiple body systems. This includes the cardiovascular system as previously discussed, as well as renal functions, respiratory quality, and endocrine and hormonal functioning<sup>10</sup>. With over one third of the Surry County population facing obesity as a challenge to their health, additional comorbidities are likely to present a rising challenge to both patients and providers in the future. Based on cardiovascular disease death data alone, obesity and all the factors affecting it will need to become a health priority.

\*Data provided by a "Detailed Mortality Statistics" report, where the cause of death was set to include the following ICD-10-CM codes: I05-I099 Chronic rheumatic heart diseases, I10-I15 Hypertensive diseases, I20-I259 Ischemic heart diseases, I26-I289 Pulmonary heart disease and diseases of pulmonary circulation, I30-I52 Other forms of heart disease, I60-I698 Cerebrovascular diseases, I70-I79 Diseases of arteries, arterioles and capillaries, I80-I899 Diseases of veins, lymphatic vessels and lymph nodes, not elsewhere classified, I95-I99 Other and unspecified disorders of the circulatory system, I38-I38 Endocarditis, valve unspecified, I64-I64 Stroke, not specified as hemorrhagic or infarction, I81-I81 Portal vein thrombosis, I99-I99 Other and unspecified disorders of circulatory system, I48-I48 Atrial fibrillation and flutter. All ages, races, genders, and Hispanic origins were included in this statistic.



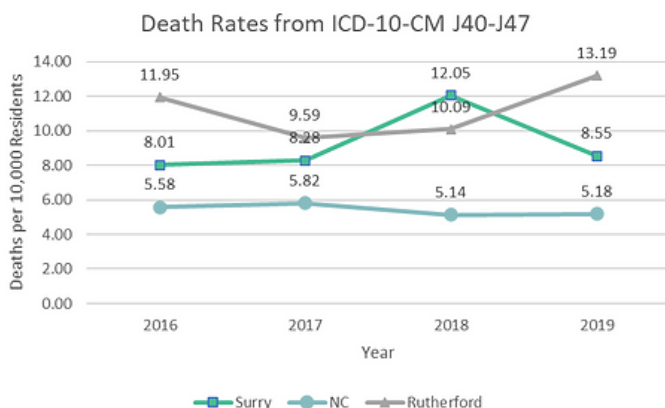
# Healthcare Needs

## Alzheimer's Disease

Alzheimer's disease is a type of dementia that involves a gradual decline in cognitive function and ability to complete activities of daily living. What makes Alzheimer's disease, as well as other forms of dementia, significant in the context of vital statistics is its impact. The pathogenesis of the disease is complex and is still a major topic of research, so the cause of the disease itself isn't clear yet. What is clear is the burden it puts on caretakers, both family and facilities. As the disease progresses, increased attention, time, and resources are consistently expended on the patient over the course of many years. This does not include the emotional burden that accompanies the process. **11.34% of Surry County Medicare beneficiaries are diagnosed with Alzheimer's or another dementia, ranking number 16 in the state of North Carolina**<sup>11</sup>.

## Chronic Lower Respiratory Disease

Chronic lower respiratory disease broadly encompasses many diseases that impact the pulmonary system long term. Of these, the two most well known are chronic bronchitis and chronic obstruction pulmonary disease (COPD), which in itself can be broken down into even more specific pathological processes.

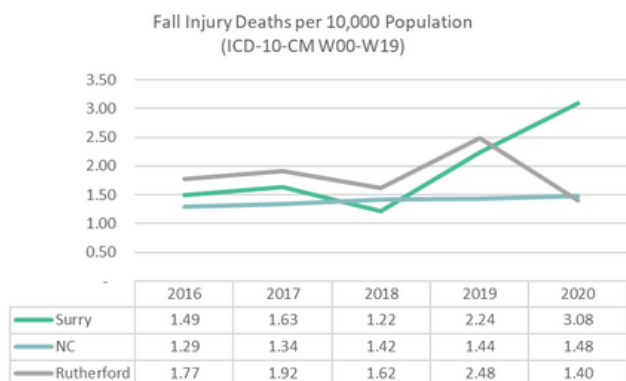
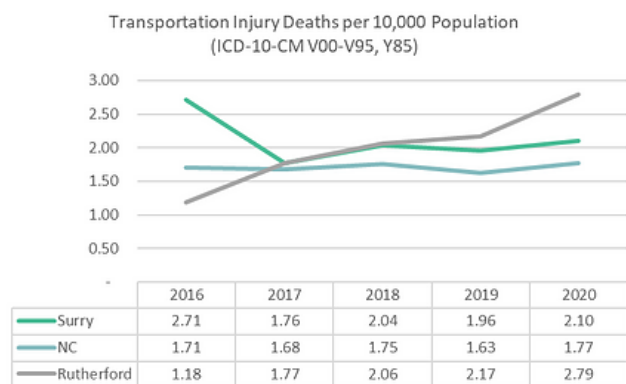
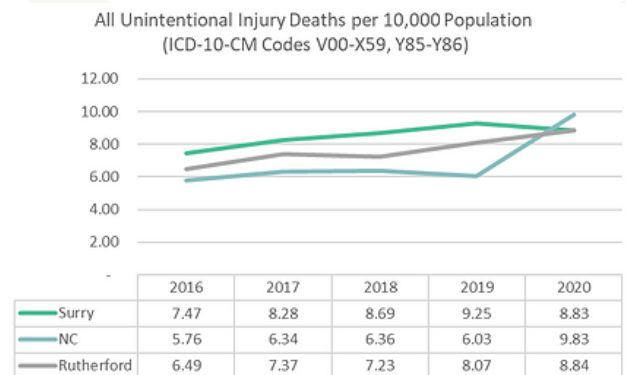


With the exception of 2018, we have charted above the state median for deaths (5.18 per 10,000 people.) The most recent data from **2019 shows that 8.55 per 10,000 Surry County residents** died that year<sup>5</sup>. Smoking is a major contributing factor to the development of chronic lowery respiratory diseases. The relationship between smoking and chronic lower reparatory disease could also explain the high incidence of lung cancer related deaths in Surry County.

The 2022 CHA survey also reflects a high prevalence of smoking among respondents: 43.7% are current cigarette smokers, of which 86% of those smokers have upheld the habit for 30-40 years. The need to address negative behavioral impacts on health, including smoking, will require addressing not only intrapersonal factors, but environmental ones as well.

## Unintentional Injuries

The fifth leading cause of death in Surry County, fatalities due to unintentional injuries cover a large spectrum of events. Detailed in the graphs below are 2 of the largest culprits: transportation accidents and falls.<sup>5</sup> **Transportation accident deaths made-up 23.81% of all unintentional injury deaths in 2020, while falls made up 34.92%.**

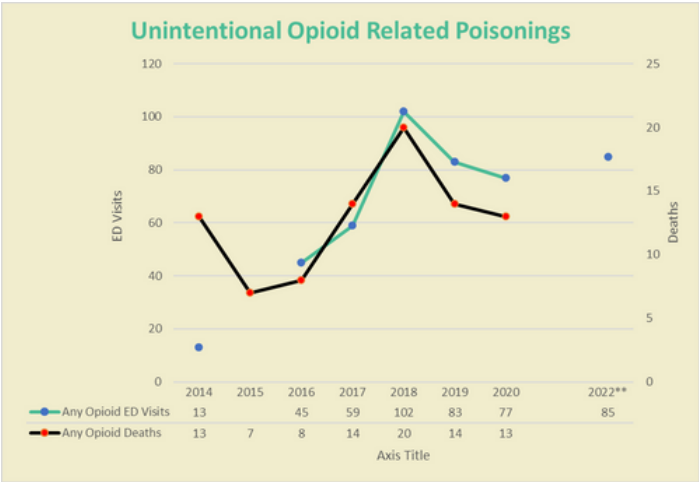


# Mental Health & Substance Use Needs

The 2022 CHA revealed that the highest and second highest rated health issues from the community were substance use and mental health, respectively. It comes as no surprise then, that there is a large need for preventative, interventional, and maintenance initiatives for behavioral health in Surry County. The data appears to support this urgency.

## Opioid Epidemic

Current data is showing hope for Surry County: a trending decline in unintentional opioid related ED visits and deaths. This could be attributed to a variety of resources that have become present through the collaborative efforts of SCHNC and community partners, such as Surry County's Opioid Response Team (ORT). The graph below shows data provided by NCDETECT, with preliminary ED visit data for 2022. While 2022 shows a possible increase, the effects of the COVID-19 pandemic may have resulted in a number of confounding variables that compromised protective social spheres and resource availability for those struggling with opioid use disorder. All factors considered, Surry County no longer ranks in the top 10 counties for Opioid Overdose deaths *nor* ED visits; however, our rate of overdose deaths for all intents, **20.3 per 100,000 residents**, is still higher than the statewide rate at 19.3<sup>12</sup>.



## Substance Use

Opioids and opiates are not the only cause for concern in Surry County. The CHA Survey reported methamphetamine and abuse of prescription drugs and pills as the first and second largest concerns respectively for question 46. The following chart illustrates one way of tracking substance use in Surry

## Quick Facts

78

Suicides between 2016 and 2020

0

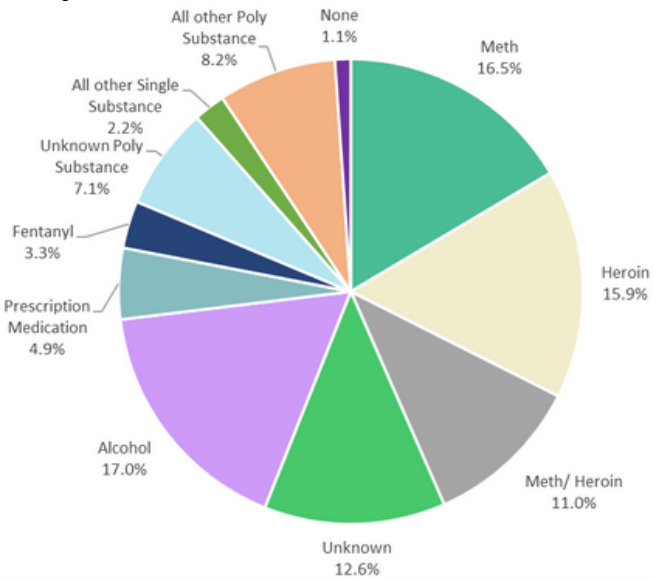
Licensed Psychologists claim Surry as their primary service area

47

Unintentional opioid-related overdose deaths since 2018, not including data from 2021-2022



County: Substance Use Intervention Team Referrals<sup>13</sup>



The Surry County Substance Use Recovery Office dispatches the Intervention Team upon referral. There is not any comparative data from the state or Rutherford County as detailed as Surry County. This data is obviously not all-inclusive, as many victims of substances may not receive a referral. However, it helps to guide substance use efforts to address specific

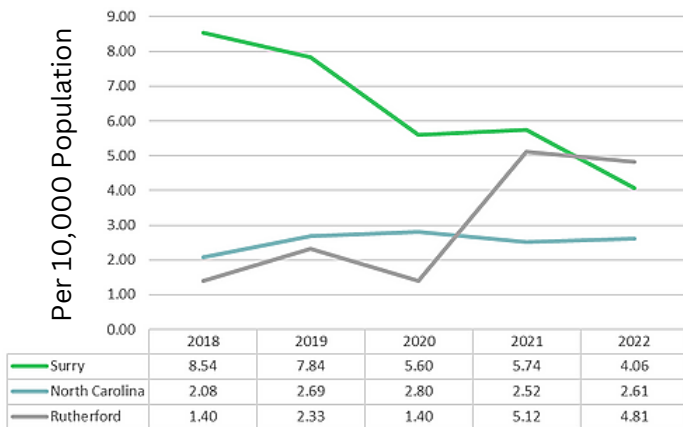


# Mental Health & Substance Use Needs

substance concerns and allow for prioritization of efforts. While this confirms that methamphetamine and opiates/opioids are all still relevant concerns for the county, it also illustrates that more "accepted" substances, such as alcohol, are also still relevant problems. CHA survey results along with lung cancer and COPD data also suggest that tobacco use may be a substance of current concern as well.

What does the data say for overall substance use in Surry County? By observing ED visits through NCDETECT, the following statistics have been derived. Thus far, the results seem very promising, with decreased ED visits in Surry County across multiple substances.

## ED Visits Involving Methamphetamine

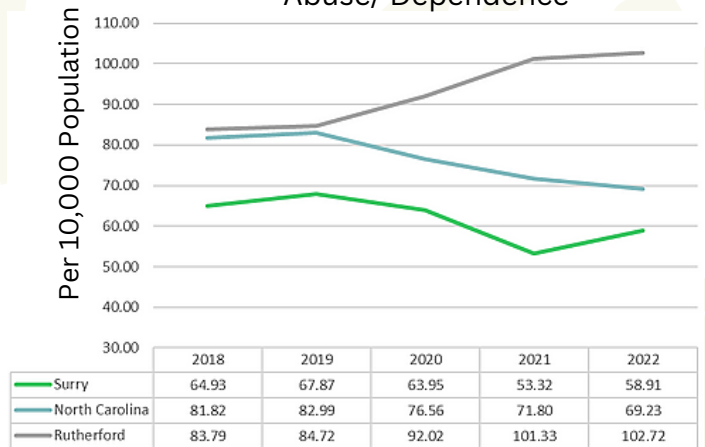


The above graph details ED visits where methamphetamine was involved. Currently, **4.06 ED visits per 10,000 population involve methamphetamine**. As the NCDETECT data shows, Surry County has enjoyed a large decrease since the last CHA.

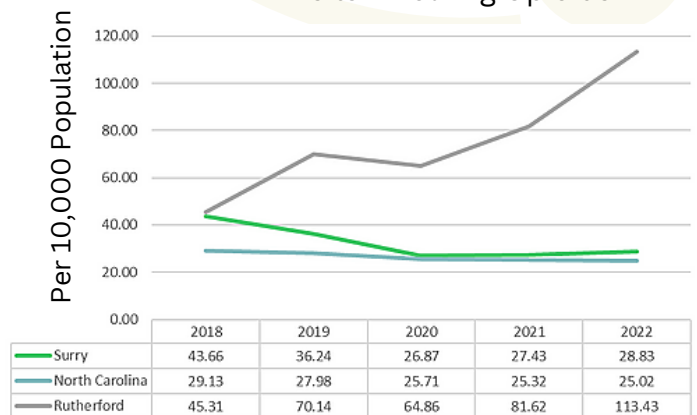
By comparison, alcohol accounts for far more ED visits than methamphetamine. This is likely due to ease of access and increased social acceptability of alcohol intoxication as opposed to other substances. 2022 saw an increase in ED visits, with 58.91 ED visits per 10,000 population due to either alcohol abuse or dependence, not including withdrawals.

For opioids, Surry County has seen a steady decline. Currently, **28.83 ED visits per 10,000 population are attributed to opioids**, not including overdoses or deaths, or polysubstance visits.

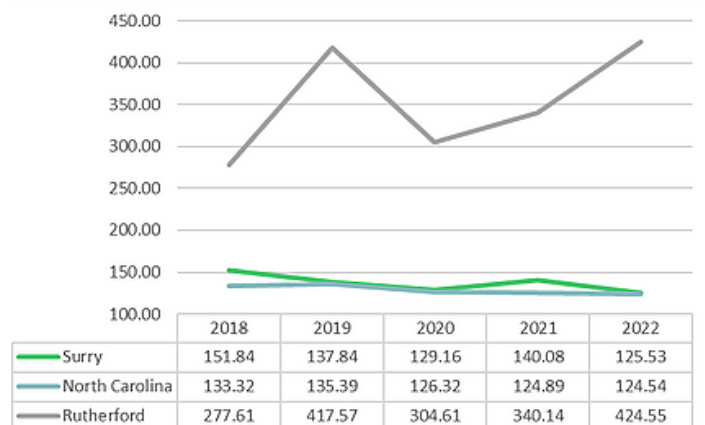
## ED Visits Involving Alcohol Abuse/ Dependence



## ED Visits Involving Opioids



## ED Visits Involving Any Broad Range of Substances



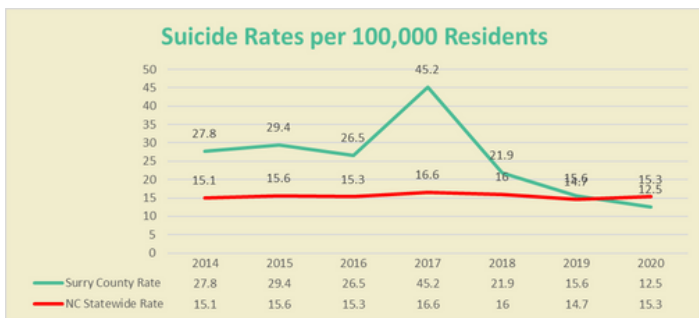
# Mental Health & Substance Use Needs

Substance use is still rightfully a concern for members of the community. But trends show that Surry County is moving in the right direction overall. For all metrics except methamphetamine, the county charts either below or closely with the state median.

## Suicide

Completed suicides are a "tip of the iceberg" metric; the CDC estimates that for every 1 suicide, there are approximately 27 suicide attempts and 275 events of suicidal ideation<sup>14</sup>. Suicide has seen a sharp decline in Surry County, from 45.2 suicides per 100,000 people in 2017 to **12.5 suicides per 100,000 people** in 2020<sup>15</sup>. Compared to the state, who holds a rate of 15.3, the county is doing better than average. However, this is the first time that Surry County has fallen below average, and it will take continuous efforts to keep the county in the right path.

In Surry County, between the years of 2016 and 2020 there were 2 pediatric suicides. Across North Carolina, suicide was the 6th leading cause of deaths between the ages of 0-17, but was the #1 leading cause of death for those ages 10-14, and #3 for those ages 15-17<sup>5</sup>. While there were no reported child suicides in 2020, efforts to prevent suicide should be maintained and even enhanced to keep the county's suicide rate on the decline.

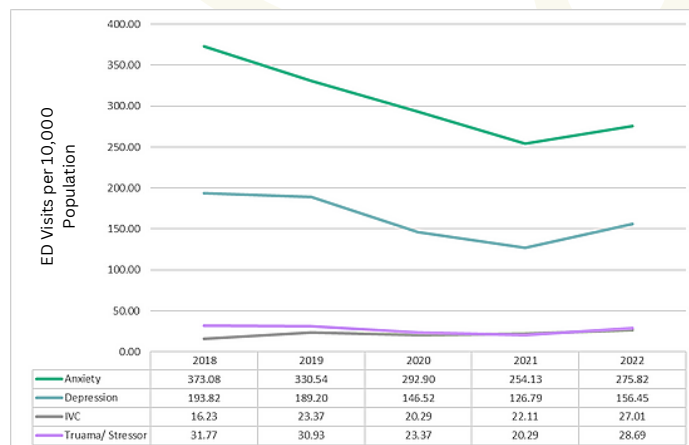


## Mental & Behavioral Health

Suicide, parasuicide, and suicidal ideation do not provide a complete image of the mental health problem alone. There are a range of psychiatric disorders and behavioral deficits (diagnosed and undiagnosed) that are not always accompanied by suicide.

A lack of advanced clinical resources poses a barrier to receiving mental health care. A quick search engine inquiry for "Psychologists in Surry County" will only produce two private practices with minimal business information. UNC reports that there are no licensed psychologists who claim Surry County to be their primary operational location<sup>4</sup>. The attraction and retention of advance mental healthcare professionals is vital to ensure the elimination of accessibility barriers for the residents of Surry County.

Data from NCDETECT, graphed below, shows that until 2022, mental health emergencies were on the decline across anxiety, depression, IVC, and Trauma/Stressor related visits.



Mental health is not easy to harness from a public health perspective. Access to mental healthcare, co-occurring substance use, social support, economic factors, physiological health, adverse childhood experiences (ACEs), patient history, trauma, and ongoing and persistent stressors all factor in to both an individual's resilience and the likelihood of experiencing a behavioral health crisis. Part of the solution lies in the clinical setting: using evidence-based practices, patient-centered care, and involving the patient in their treatment plan. Public Health can assist in this by introducing and distributing the latest research and best practices to providers in our jurisdiction. From the non-clinical arena, collaborative efforts will be needed to address affordability, availability, and physical access (transportation, etc). Prioritizing prevention and early-intervention will yield the greatest results for assisting our community through what is a persistently high concern from the community.

# Family Needs

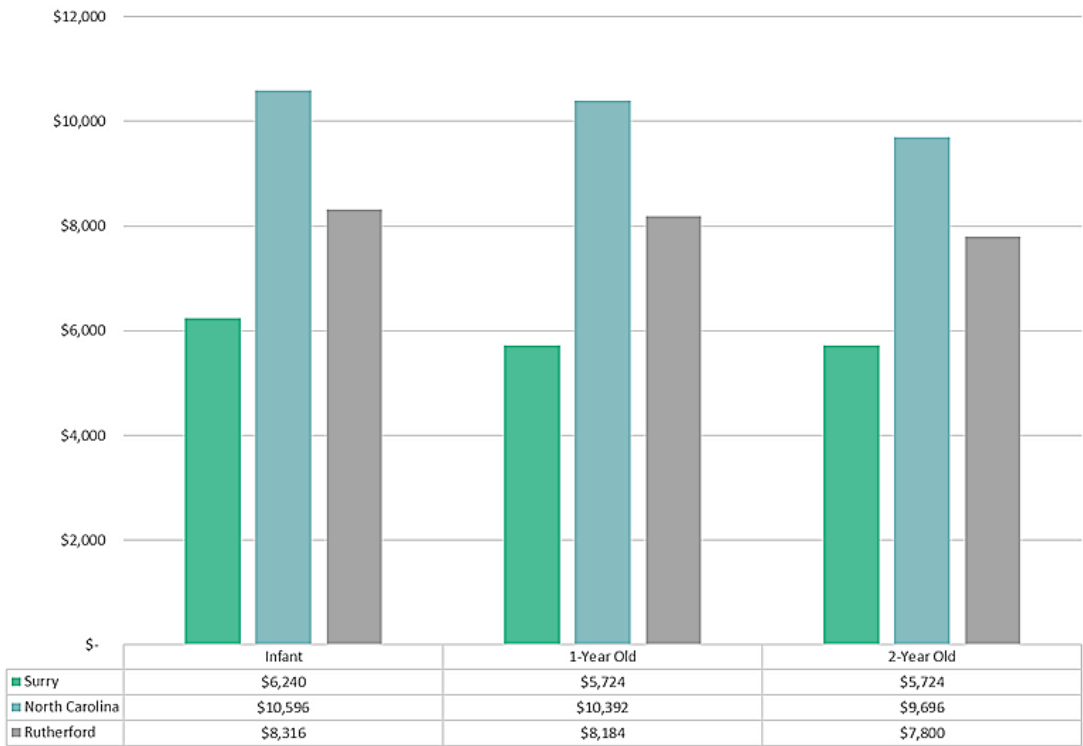
The CHA survey revealed a few interesting statistics about what happens in the households of our communities. While well over 60% of respondents had both parents in the household, just over 20% of households were maintained by a single parent. 10.5% of respondents reporting having trouble finding quality childcare within the county. It is often difficult to detect these challenges in the community due to the resilience and resourcefulness that parents either have or develop, but that does not mean that there are still not needs to be addressed within the community.

## Childcare

Childcare has obvious significance provided that many households today involve single-parent households or dual-working parent households. The need to attain employment is critical for all residents, and often cannot co-occur alongside parenting responsibilities. Of the reported 2,238 children between the ages of birth and two, 1,392 had dual-working parents<sup>16</sup>. Put another way, **62.2% of children between the ages of birth and age two need some kind of childcare because both parents are working**. There are two facets to obtaining childcare in Surry County: access by affordability, and access by availability.

Affordability of childcare refers to the actual out-of-pocket cost for the parent for someone to watch their child or children. The cyclic irony is that the inability to afford childcare leads to the inability to work, which in turn further inhibits the ability to afford childcare and so on. The Yadkin Valley Economic Development District, Inc (YVEDDI) found

during their 2020 Community Needs Assessment that the statewide average cost of childcare was \$8,113 per year for non-infants, and \$9,480 for infants<sup>17</sup>. Availability of childcare is the next concern for parents, for even if they can afford the childcare, there may not be spots available for them. Only 29 facilities are registered through the state, and an additional 13 elementary schools offer Pre-K<sup>16</sup>. According to YVEDDI, for every spot available there are 1.52 children who potentially need childcare. Despite this, there is a 8% vacancy rate<sup>17</sup>. The inability to afford those spots and accommodations made due to the COVID-19 Pandemic could likely be responsible for this small vacancy. Fortunately, Surry County falls below the state median for average cost of childcare, and compared to Rutherford County we appear to fare better as well. This data has been reflected in the graph below for average annual childcare expenditures.



The chart above is based on data from the Think Babies NC Alliance and the Child Care Services Association Landscape studies<sup>16 18 19</sup>.

# Social, Economic, & Educational Needs

Health is impacted beyond direct health needs. Socioeconomic factors place a vital role in predicting health outcomes. Some relationships are more direct: those who earn low wages may not be able to afford healthcare or health insurance, for example. Other relationships exist, however, that may not always be so clear. These mechanisms involve a complex interaction among economic, cultural, social, societal, and other "man-made" spheres of influence.

## Education

Education is one of the strongest indicators of income and health independently. Thus, quality educational attainment remains a priority and concern for health stakeholders. The table below is based off data from the U.S. Census Bureau's 2020 Census<sup>1</sup> for Surry County.

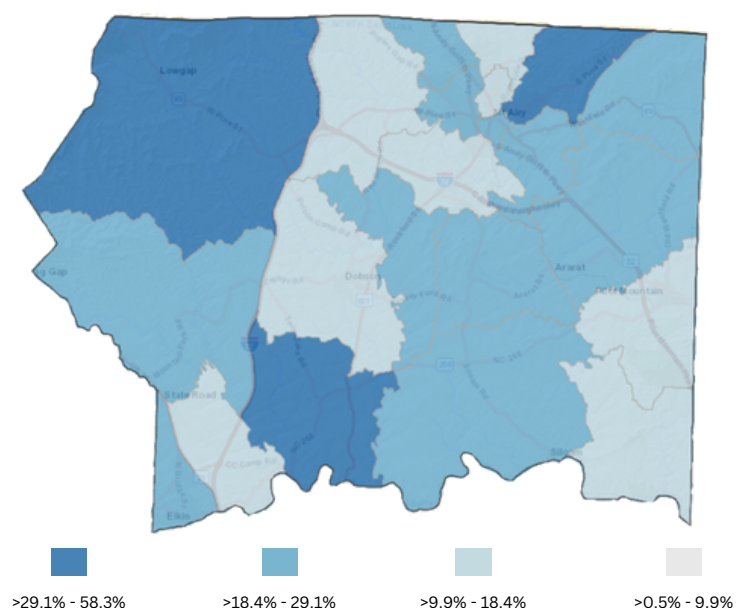
Sex, Race, and Ethnicity	Bachelor's degree or higher	High school graduate or higher
<b>FEMALES</b>		
American Indian or Alaska Native alone	-	-
Asian alone	-	-
Black alone	31%	69%
Hispanic or Latino Origin	2%	68%
Native Hawaiian and Other Pacific Islander alone	-	-
Some other race alone	-	-
Two or more races	7%	85%
White alone	22%	88%
White alone, not Hispanic or Latino	23%	89%
<b>MALES</b>		
American Indian or Alaska Native alone	-	-
Asian alone	-	-
Black alone	2%	76%
Hispanic or Latino Origin	9%	65%
Native Hawaiian and Other Pacific Islander alone	-	-
Some other race alone	-	-
Two or more races	14%	89%
White alone	20%	84%
White alone, not Hispanic or Latino	20%	84%

There are three factors at play: race, ethnicity, and sex. These are social factors involved with educational attainment, as there are no biological nor physiological explanations for the variance between the variables. Based on this data, we can see that racial detriments exist: non-Hispanic white males and females boast high school graduation rates of 84% and 89% respectively. While this is still a concern (**only about 77% of residents ages 25+ hold a high school diploma<sup>20</sup>**), those who identified as black or Hispanic suffer from much higher drop-out rates.

Disparities in educational attainment are amplified when it advances to obtaining a Bachelor's degree or higher. Black males and Hispanic males are the least likely to obtain an advanced degree, at only 2% attainment. Nearly a quarter of non-Hispanic white females, however, will go to receive a Bachelor's degree or graduate degree, at 23%.

According to the U.S. Census, the median household income increased incrementally by \$7,300 for those with an associates degree, \$10,847 for those with a bachelors degree, and those with a graduates degree by \$10,745<sup>21</sup>. Therefore, it is worthwhile to consider education across a spectrum of demographics and to note the disparities that exist within each, as barriers to educational attainment may also indicate barriers to wealth, healthcare affordability, and affordability of shelter, utilities, food, and other necessities. Health literacy would also seem to correlate with education as well, as even with income controlled, health still correlates positively with beneficial health outcomes<sup>21</sup>.

Percent Less than a High School Diploma by Census Tract<sup>20</sup>



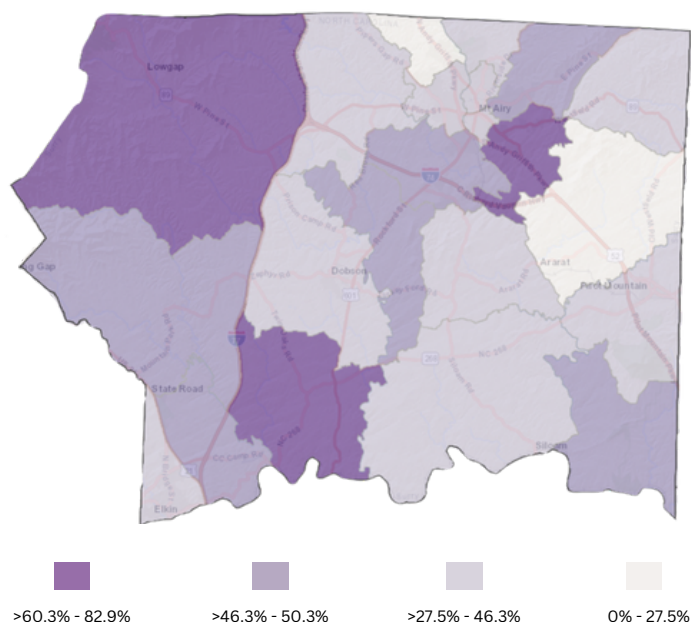


# Social, Economic, & Educational Needs

## Housing

Cost of living (COL) is considered independently from income and employment because it fluctuates with inflation and market supply/demand. Of the economic factors, COL is the most removed from the consumer's control. It can reduce purchasing power, the ability to save for emergencies and major expenses, and it can leave individuals susceptible to financial crises. COL is important when it comes to housing because it can determine whether or not someone can purchase a home and establish wealth (in fact, homeownership is the largest asset to wealth that most individuals have<sup>22</sup>). The amount of money someone spends on housing monthly should ideally be no more than 30% of their gross income, regardless of if it is rent or mortgage based. A housing expense above that is considered a threat to financial stability. It can also be recognized as an economic determinant of health that is influenced by a variety of factors, which in turn influences other variables, independently and mutually, that impact quality of life and health.

Percent Paying More than 30% of Gross Income to Rent by Census Tract<sup>20</sup>



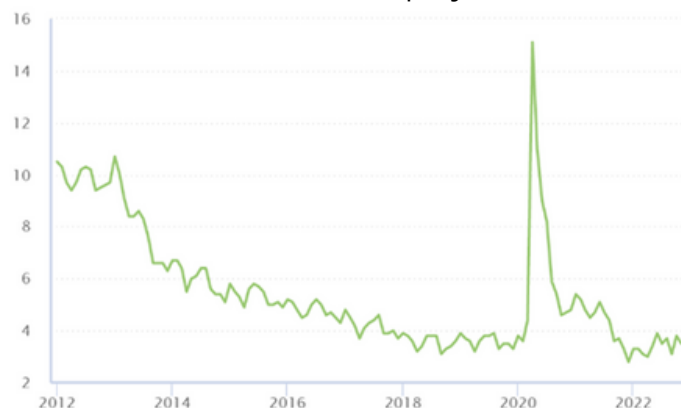
**42.7% of renters pay 30% or more of their household income** in Surry County, compared to 15.1% of mortgaged homeowners and 7.7% of non-mortgaged homeowners<sup>1</sup>. This makes transferring from a renter

to a homeowner harder, and in turn makes building wealth harder. Despite making up over 1/10th of the Surry County population, approximately 43.2% of Hispanic residents are homeowners, compared to 77.7% of non-Hispanic White residents in 2021<sup>1</sup>. The variation in homeownership (and thus wealth) may indicate that certain health disparities are tied to certain ethnicities and racial groups, making those identifiers themselves social factors in health.

## Unemployment

A lack of employment is not only a barrier to income and financial stability, but also a barrier to health insurance as well as other wealth-building benefits (e.g. retirement).<sup>3</sup>

Percent Unemployed



The graph above is from the US Bureau of Labor Statistics. As of December 2022, Surry County had a reported **unemployment rate of 2.9%**. In April of 2020, it peaked at 15.1%, likely attributed to the COVID-19 pandemic. The last incidence of this level of unemployment was in March of 2009, at 14.3%.

## Income

Employment is only part of the puzzle to economic determinants of health. Once employed, the amount of money an individual or a household makes also contributes to accessing care, obtaining health foods, and sustaining health activities. Income is based on industry, and the largest industry in Surry County is Retail Trade, accounting for 14.1% of all employment in the county<sup>23</sup>. However, it is important to note that even though the industry is gracious in

# Social, Economic, & Educational Needs

employment, the average wage earned in this industry was \$31,148 in the third quarter of 2021<sup>23</sup>. This is less than the \$51,950 median household income reported by the US Census Bureau. The fifth largest industry, Accommodation and Food Services, covers 8.3% of employment with an average salary of \$16,792.

Income also differs between non-family households (e.g. those who live alone) and multi-occupant households.

Percent of Population By Income Bracket by Household Status<sup>1</sup>



It is important to distinguish the difference in incomes by household type. Notice that while the median income for households all together would fall into the \$50,000-\$74,999 bracket. However, for individuals who live on their own, the mode clearly falls in the \$15,000-\$24,999 bracket. The median income non-family households is \$41,549 and \$69,717 for multi-occupant households<sup>1</sup>.

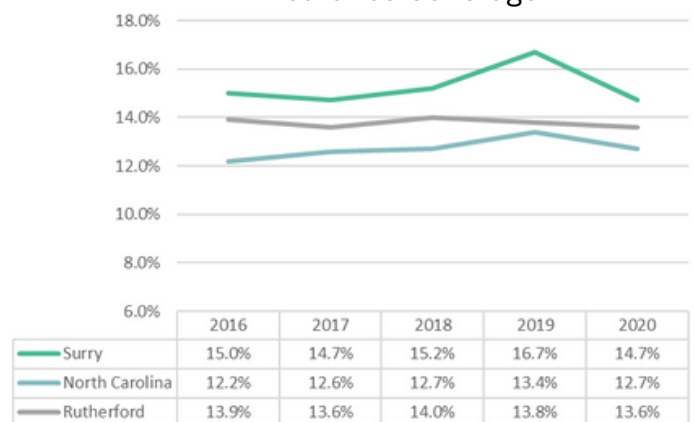
Consider this information regarding purchasing a home: The Joint Center for Housing Studies, a Harvard University initiative, found that the median price for a home in the Mount Airy, NC market was \$172, 936. The needed income to purchase said home would be \$47,553, which assumes that the purchaser made a 3.5% down payment (\$6,052.76 out of pocket at the time of purchase)<sup>24</sup>. The majority of non-family households would not be able to afford a median-priced home, nor would anyone in Surry County who worked in the top 3 industries (Retail Trade, Health Care and Social Assistance, and Manufacturing, accounting for 41.3% of Surry County workers) and made the average wage or less<sup>23</sup>.

All in all, Surry County's overall median income looks promising. However, the economic struggle of certain groups is far more prominent.

## Insurance Coverage

One of the most direct impacts on health is the affordability of healthcare, and thus access to it by financial means. Health insurance often serves as the bridge that crosses the affordability gap, but everyone does not have insurance. In 2020, **14.7% of Surry County residents did not carry health insurance**<sup>25</sup>. This means that outside of publicly offered services and emergency departments, there isn't an option for preventative, continuous, or routine care (unless they can afford the out-of-pocket cost, which is not likely). Emergency Departments often become the source for all of their needs since they are legally entitled to care. As a result, EDs begin to overflow and space becomes limited for more urgent patients, leading to increased wait times.

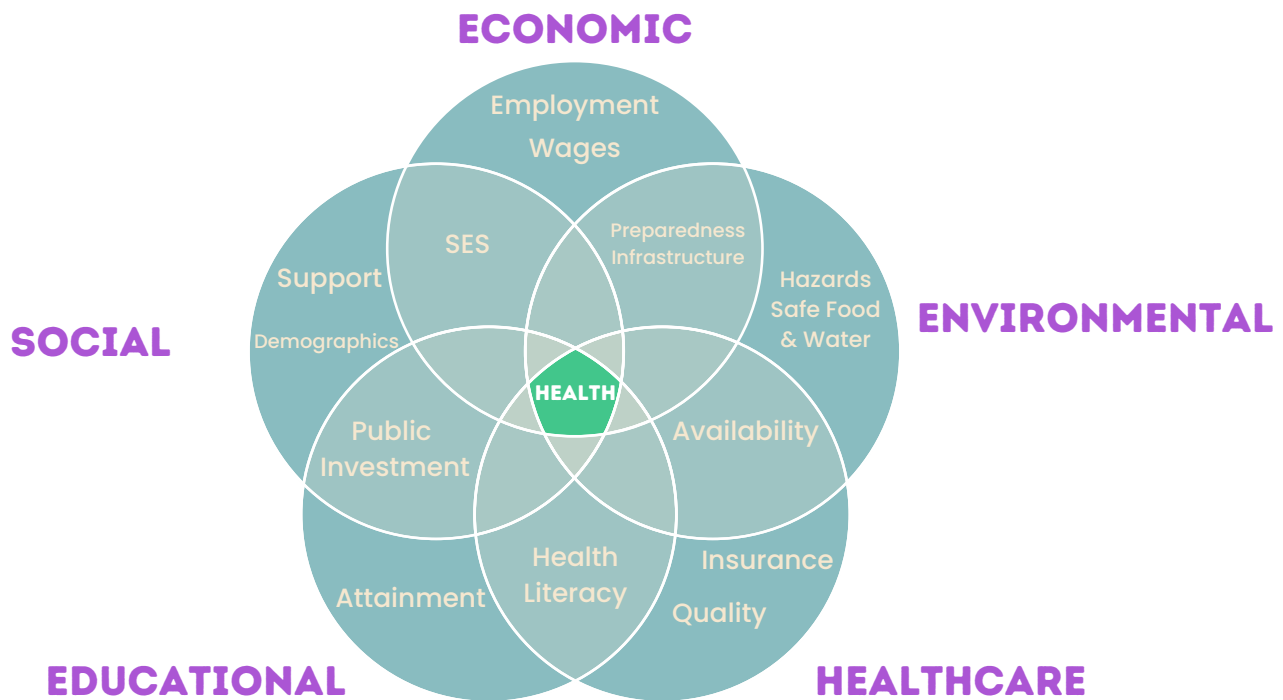
Percent Without Health Insurance Coverage<sup>25</sup>



The lack of insurance is not evenly distributed, either. In 2020, 16% of males in Surry County lacked health insurance compared to 13.4% of females<sup>25</sup>. Also notice that between Surry County, Rutherford County, and the state, insurance coverage fares the worst for Surry.

# Equity as a Need

What does all of this mean? What do social factors, economic factors, education, demographics, or anything else have to do with assessing community health? **It has everything to do with health.** All of the factors discussed previously are referred to as Social Determinants of Health, a framework that describes how belonging to certain groups increases the chances of a given person experiencing adverse health outcomes. People do not control how they are born, where they are born, to what socioeconomic status they are born into, or anything like that. While the market economy offers mobility, it does not offer that mobility equitably to everyone. This leads to social disparities, which research has found to be linked to determining the likelihood of certain health outcomes. It is not possible to address community health without addressing these social determinants, hence why Public Health has come to establish a focus on this framework and these barriers.



Some of these factors seem to "stack up" against some groups more than others. As the data has shown, being a Hispanic resident in Surry County appears to be tied to several social, economic, and educational disparities. There are likely countless other notable disparities along the lines of race, gender, nationality, and other demographics. Additional research will be required to dissect the matter, along with improved monitoring and reporting availability for rural areas on the local level. In the meantime, using equity as a framework alongside the social determinants of health allows us to amplify the first core function of public health: Assessment. Most importantly, we can determine **who is at risk.**

It goes without saying that technically everyone is at risk for any given illness, disability, or cause of death. Some groups of individuals, however, are more at risk than others for suffering adverse experiences to their health. Those risks are not easily calculated or predicted without careful observation and keen attention to data. There are 3 key groups in Surry County that are considered at-risk for negative health outcomes: those without insurance or underinsured, those in poverty, and being of Latino or Hispanic origin.

# Equity as a Need

## The Uninsured & Underinsured

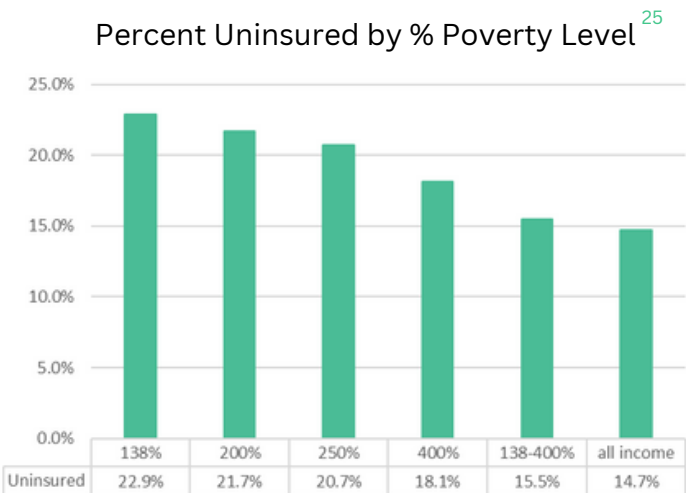
Those who do not have health insurance coverage and those who's insurance coverage is insufficient are both at an elevated risk for health complications. The primary reason is the barrier to affording healthcare.

Healthcare is not cheap, and many private providers are not willing to see patients who do not carry an insurance policy or who are unable to pay. Care received at the Emergency Department is not always comprehensive for the chronic and preventative needs of patients who cannot go elsewhere. It is also far more expensive than other forms of healthcare, leaving patient's with an increasing amount of medical debt that they cannot afford.

Surry County Health and Nutrition Center offers a wide variety of clinics and programs to address health issues across the domains of nutrition, diabetes management, behavioral health, dental health, pediatric health, preventative health, and more. These clinics are often at little to no cost for those who qualify, and also help patients navigate the use of public insurance programs (such as Medicaid and Medicare). A sliding-fee scale based on income is utilized. This assures equitable access to patients who are financially barred from seeing a provider.

## The Impoverished

Poverty is closely related with a lack of insurance. Consider the graph below from the U.S. Census Bureau in regards to Surry County.



Many of the same barriers exist between the same groups. Poverty, however, also encompasses other financial hardships beyond insurance status. The ability to obtain transportation, access to food and shelter, the ability to afford basic necessities, etc., are all additional concerns for this group. This poses not only affordability concerns, but physical access concerns as well. Additionally, hygiene and nutrition fall to the wayside as priorities for the impoverished, increasing susceptibility to disease and infection.

In addition to the methods used to address insurance coverage, Surry County Health and Nutrition Center offers solutions for transportation. Many of the services available address hygienic and nutrition issues, such as the dental clinic. Ensuring that money is not a barrier creates equity within Surry County along economic spheres of influence.

## Latino or Hispanic Origin

As noted in previous sections, Hispanic Surry County residents do not prosper as much as their non-Hispanic counterparts from a socioeconomic perspective. Educational attainment trends show that Hispanic residents are less likely to become providers themselves, and because of that creates a cultural and linguistic barrier to those needing healthcare. Health literacy, composing and following a care plan, and understanding financial resources all require linguistic and cultural competency. Diminished health outcomes, poor patient-provider relationships, marginalization, and decreased patient adherence are all potential consequences of failing to meet the needs of this population. Recall from the demographics segment of this report that over 1 in 10 Surry County citizens identify as Hispanic or Latino, meaning that not only is the need for equitable action significant, but it will also produce high-impact results.

Hence, Surry County Health and Nutrition Center has extensive investment and resources to assist attaining cultural competency. In addition to translators being available at all hours of service, all literature and signage can be found in Spanish and is ready for distribution at all times to patients. A language line is also financed at all times to ensure that patients of any linguistic background are not barred from health by their language.



# SURRY COUNTY INITIATIVES

The following pages consist of Substance Abuse, Obesity and Mental Health Initiatives that have taken place in the county since 2019. This is only a glimpse of the efforts that have been put into place by the Surry County Health and Nutrition Center and other local agencies.

## **Substance Abuse Initiatives**

### ***Raven Knob Boy Scout Presentations:***

The Surry County Health and Nutrition Center has participated every Summer for the past 6 years in providing education to the Raven Knob Boy Scouts. A health educator teaches Drug and Tobacco prevention classes for 6 weeks each summer as part of a good citizenship course that the scouts are required to take.

### ***Tobacco Cessation Programs:***

Health Educators provide Tobacco Cessation Programs to Medical Ministries and Northern Hospital as well as other worksites in the community.

### ***Substance Abuse Outreach:***

The Surry County Office of Substance Abuse Recovery provides outreach on substance related issues like opioids, tobacco, alcohol and other drugs through weekly newspaper articles, the local radio station, facebook, and their website: [surrycountycares.com](http://surrycountycares.com).

# SURRY COUNTY INITIATIVES

## **Substance Abuse Initiatives**

### ***Too Good for Drugs Program:***

Too Good for Drugs is an evidence-based, comprehensive program that uses substance use and violence curricula designed to build protection within the child to mitigate risk factors associated with risky behavior. This program develops a framework of social skills to establish and promote setting reachable goals, making responsible decisions, communicate effectively, identify and manage emotions, bond with pro-social peers in addition to peer pressure refusal, learn problem solving, conflict resolution and media literacy. The program consists of 10 lessons that are implemented once a week for 10 weeks or twice a week for 5 weeks.

The Surry County Health and Nutrition Center partnered with Surry County Schools to implement Too Good for Drugs within all the Elementary Schools. So far, we have taught the program in grades K-2 at Dobson Elementary, reaching 150 students; grades K-5 at Flat Rock Elementary, reaching 201 students; and grades K-2 at Franklin Elementary, reaching 117 students.

### ***Catch My Breath (CATCH):***

Catch My Breath is an evidence-based youth vaping prevention program that equips students with the knowledge and skills they need to make informed decisions about the use of e-cigarettes, including JUUL devices. The Surry County Health and Nutrition Center partnered with Elkin City Schools and Surry County Schools to implement this program.

In 2020, a total of 153 students in Elkin Middle School and High School were taught Catch My Breath. In 2021, a total of 12 students at North Surry High School and 61 students from Elkin High School were taught Catch My Breath. In 2022, a total of 415 students at Pilot Mountain Middle School, 137 students at Elkin High School and 30 students from North Surry High School were taught Catch My Breath.

# SURRY COUNTY INITIATIVES

## **Substance Abuse Initiatives**

### ***Medicine vs. Candy Initiative:***

The Health Education Team provided Medicine Safety and Medicine vs. Candy activities for many Elementary Schools as well as summer camps serving elementary-aged children. The primary goal of this initiative is to educate students and their families as to how similar candy looks to medicine and how many medicines now have candy coating or are candy flavored.

During these activities, students were given a chance to look at a board displaying various medicines and candies that were very similar in appearance. They were also given the opportunity to learn through games. One game required them to decipher whether a given item was medicine, candy, or another household substance that should not be ingested. Another game called "Good Choice or Bad Choice" allowed them to discuss the dangers of things such as sharing medicine with their friends, taking medicine without an adult's help, and the importance of keeping medicine stored in a safe location.

### ***Hopefest for Recovery Event:***

Each year the Surry County Health and Nutrition Center, Surry County Office of Substance Abuse Recovery, Insight, Partners Behavioral Health, Southern Family Medicine, and various Church Groups organize an event for individuals in recovery from substance abuse disorders and mental health disorders. This event allows providers/agencies the opportunity to provide free resources to those in need of information and guidance to help them and their families in their recovery journey. This is also a time to celebrate those taking a step in the right direction, as well as those who have maintained their sobriety for any length of time. A meal is always provided for the families that attend, along with fun activities, games and music. It's always important to remember to celebrate the small victories!

# SURRY COUNTY INITIATIVES

## **Substance Abuse Initiatives**

### ***Opioid Resource Guide:***

The Surry County Health and Nutrition Center partnered with the Surry County Office of Substance Abuse Recovery to create the Opioid Resource Guide. The idea was inspired by the fact that many community members desired access to substance abuse and mental health information and resources. This packet contains many different pieces of useful information, including how to do CPR, how to recognize an opioid overdose, information about Naloxone and how to administer it, addiction and mental health treatment resources, support groups serving Surry County, family support, and information about the Good Samaritan Law.

The Opioid Resource Guide is distributed to many agencies in the county such as DSS, the health department, EMS, hospitals, law enforcement, churches, non-profits and other community organizations. All First Responders in Surry County, including the Sheriff's Department, Police, Fire Dept., and EMS now carry the Resource Guides and distribute them as they see fit when responding to drug and/or overdose related calls.

### ***Faith Community Opioid Forum:***

In May 2019, the Surry County Office of Substance Abuse Recovery partnered with SCHNC, various churches and other agencies to host an Opioid Forum specifically geared toward the Faith Community. There are around 275 churches in Surry County and many church members wanted to explore ways that they could help their community survive the opioid epidemic.

The Forum took place over a full day and included guest speakers on the topics of opioid use prevention, intervention, treatment and recovery. Our Substance Prevention Specialist was one of the speakers at this event, providing information on ways the health department could help church groups implement education in their church. Over 100 community members attended the Opioid Forum and served as a motivator of several opioid-related advocacy efforts among the faith community in Surry County.

# SURRY COUNTY INITIATIVES

## **Obesity Prevention Initiatives**

### ***Healthy Cooking:***

The Surry County Health and Nutrition Center has partnered with Mt. Airy Parks and Recreation to bring healthy cooking presentations to their Summer Camp kids each June for the past few years. We practice cooking a variety of healthy foods and discuss the nutrients, calories, nutrition facts (carbohydrates, protein, sugar, etc.) and ingredients used in those foods. The kids have a lot of fun measuring the ingredients, reading cooking instructions, and learning how to cook a meal on their own, which they can easily do at home.

### ***Diabetes Self-Management Program:***

The Surry County Health and Nutrition Center's Diabetes Self-Management Education and Support Program has been an American Diabetes Association Recognized Education Program since 2005. Diabetes and Medical Nutrition Therapy education are conducted by a Certified Diabetes Education Specialist (Registered Nurse) and Registered Dietitian. The personalized, comprehensive education consists of both individual and group sessions. Patients are taught how to manage their disease using diet, exercise, medications, and blood glucose monitoring. They are also taught prevention, detection, and treatment of both acute and chronic complications associated with diabetes. The goal is better health and empowerment through improved health literacy. Medical Nutrition Therapy (MNT) at the health department also provides education targeting weight loss for people who desire to prevent diabetes and pre-diabetes nutrition counseling. Insurance is accepted and fees may be reduced based on the household income sliding fee scale.

# SURRY COUNTY INITIATIVES

## **Obesity Prevention Initiatives**

### ***Surry Medical Ministries Diabetes Program:***

The Surry County Health and Nutrition Center has partnered with Surry Medical Ministries for several years to provide access to free, onsite Diabetes Education for the underserved. Surry Medical Ministries is a free medical clinic in Mt. Airy that serves the uninsured and financially disadvantaged population. The diabetes classes have encouraged improved self-care, ultimately, lowering diabetes medical expenses and improving the health of the underserved population in the community.

Throughout 2019, these combined programs reached people from various races and socioeconomic backgrounds and included both English and Spanish speaking individuals. The Diabetes Educator found significant improvements were made including: compliance with medication and blood glucose monitoring recommendations, consuming smaller portion sizes/less sweetened beverages, increased physical activity, and improved blood glucose and blood pressure.

### ***Diabetes and You:***

The Surry County Health and Nutrition Center Diabetes Self-Management Education and Support Program has partnered with the NC Cooperative Extension of Surry County to provide community diabetes education for many years. The monthly classes are free to anyone in the community that is eager to learn how to either manage or prevent Type 2 Diabetes. The classes are held at both Reeves Community Center in Mt. Airy and the NC Cooperative Extension Office in Dobson.

By partnering with our local Extension Family and Consumer Sciences Agent, healthy recipes are demonstrated during each class. Participants can taste each dish, receive a copy of the recipes, and learn healthy recipe modifications. Education on various diabetes topics are also presented by SCHNC's Diabetes Educators. We appreciate our partnership with Reeves Community Center, who provides the funding for the recipes at their location.



# SURRY COUNTY INITIATIVES

## **Obesity Prevention Initiatives**

### ***Women, Infants, and Children (WIC):***

Women, Infants, and Children (WIC) is a federal program that helps provide high quality, nutritious foods to low-income pregnant women, postpartum and breastfeeding women, as well as infants and children until they reach the age of five. WIC provides supplemental nutritional foods and education on proper nutrition and breastfeeding support.

Surry County Health and Nutrition Center's WIC Program continues to be a steady service in the community. On average, WIC serves approximately 1,600 participants per month. In an effort to expand WIC Program participation, the SCHNC was awarded additional funding for clinical renovations in 2019. These updates assist the WIC Program in providing excellent client-centered care.

WIC is fundamental in improving infant mortality rates and child health outcomes in Surry County and strives to implement changes to meet the needs of the community.

### ***Breastfeeding Program:***

Breastfeeding is a wonderful way for women to bond with their new babies and give them proper nutrition for growth and development. One of the many benefits of breastfeeding includes a decreased risk for childhood obesity. The Surry County Health and Nutrition Center's Breastfeeding Program strives to promote breastfeeding, inspire discussion, and provide support to breastfeeding mothers and infants within the community.

The WIC program offered breastfeeding classes each month on the third Thursday for women interested in breastfeeding. Due to COVID, classes stopped in March of 2020 and have yet to resume.

# SURRY COUNTY INITIATIVES

## **Obesity Prevention Initiatives**

### ***National Nutrition Month:***

Every March, the Surry County Health and Nutrition Center's Health Educators and Nutritionists partner to focus on various aspects of Nutrition in the county's three school systems.

In March 2019, the Health Educators visited the Elementary Schools to talk about the effects of sugar on the body. As a hands on activity, students were asked to look at a variety of typical snack foods and drinks consumed by their age group as well as some healthier snack options, and try to determine how many grams of sugar they thought was in one serving size of that item through the use of sugar cubes. One sugar cube equals 4 grams of sugar, therefore, they had to lay out how many sugar cubes they thought each item contained.

At the end, we went over the items and the actual grams of sugar each contained. Students were shocked that one serving of some of their favorite food and drinks contained more than the daily sugar recommendation. Through this activity, students were able to better understand how much sugar they are actually consuming throughout the course of a day, which far exceeded the amount any child or adult needs. This was certainly an eye opener for the kids.

In March 2022, the Health Education Team visited the elementary schools throughout the county, teaching MyPlate and performing Taste Tastings with students. The taste testing consisted of kiwi, sweet potato, cauliflower, feta cheese, cantaloupe, wheat thins, and green beans. Students learned what their plates need to consist of daily for balanced nutrition. They also discovered that they really liked foods that they hadn't tried before. This was a great way for them to find new and healthy foods that their parents can incorporate into meals. Taste Testing was a big hit for students and teachers!



# SURRY COUNTY INITIATIVES

## Obesity Prevention Initiatives

### ***The Walking School Bus:***

For nearly six years now, Tharrington Primary School has implemented the Walking School Bus Program before school periodically throughout the school year. All students who participate meet at a local restaurant and walk the greenway to school, accompanied by teachers, parents, local law enforcement, and sometimes other community partners. The children walk approximately 15-20 minutes, which is a perfect way for students to start out their day; energized and ready to learn! Plus, they have completed part of the daily recommendation for physical activity for children their age. The program is run solely by school staff now and continues to be very successful. The students and teachers have a lot of fun with it!

## Mental Health Initiatives

### ***Yoga for Kids:***

The Surry County Health and Nutrition Center partnered with Surry County Schools, Elkin City Schools and Mt. Airy City Schools to implement a one-time Yoga class for kids in November and December of 2021. The class consisted of promoting positive mental health and talking about ways to reduce stress/anxiety. After the presentation we practiced yoga that was appropriate for each age group to show how simple exercises and stretching can have a positive impact on mental and emotional health. The Health Educators reached nearly 900 students in two months time implementing Yoga for Kids. Yoga is still taught periodically for different classes and adults.

# SURRY COUNTY INITIATIVES

## **Mental Health Initiatives**

### ***Surry County Schools Counselor Resource Event:***

On January 31, 2020 the Surry County Health and Nutrition Center partnered with Surry County Schools to host a School Counselor Resource Event for school counselors and nurses. The purpose of this event was to bring in local mental health and substance abuse agencies to talk with the counselors and nurses about the services they could provide if and when a student needed help related to a mental or emotional health issue, or if they were struggling with substance misuse. The agencies went over resources that would be helpful if certain situations were to occur in the schools. Staff were also taught how to make referrals and the steps that need to be followed to get students or potentially family members, the additional help that they need. Overall, school staff walked away feeling more confident about which agencies they could contact for particular matters and how to go about the process.

# COMMUNITY HEALTH NEEDS ASSESSMENT

**1. Do you live in Surry County? If no, please do not continue with this survey.**

- ☐ Yes
- ☐ No

**2. What is your age?**

- ☐ Under 18
- ☐ 18-24
- ☐ 25-34
- ☐ 35-44
- ☐ 45-54
- ☐ 55-64
- ☐ 65+

**3. What is your gender?**

- ☐ Female
- ☐ Male
- ☐ Other

**4. What is your race/ethnicity?**

- ☐ White
- ☐ Black or African American
- ☐ Latino or Hispanic
- ☐ Asian or Pacific Islander
- ☐ Native American
- ☐ Other (please specify)

**5. What is your marital status?**

- ☐ Single
- ☐ Married
- ☐ Separated
- ☐ Divorced
- ☐ Widowed
- ☐ Prefer not to answer

**6. How many people, including you, live in your household?**

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ Other (please specify)

**7. Which of the following best describes your current living situation?**

- ☐ I own my home
- ☐ I rent my home
- ☐ I live with relatives or friends
- ☐ I live in a hotel or motel
- ☐ I am homeless or live in a shelter
- ☐ Other (please specify)

**8. What is your household's zip code?**

**9. Does the place you are living have any of the following issues?**

- ☐ Exposed wiring
- ☐ Heating issues
- ☐ Leaking roofs, water leaks (mold)
- ☐ Holes in floors or walls
- ☐ Lack of cold and hot running water
- ☐ A shower or toilet that doesn't function properly
- ☐ None of the above
- ☐ Other (please specify)

**10. What is the highest level of education you have completed?**

- ☐ 12th grade or less, no diploma
- ☐ High School graduate or GED
- ☐ Some college but no degree
- ☐ Associate's degree or vocational training
- ☐ Bachelor's Degree
- ☐ Graduate or Professional Degree (Master's or PHD)

**11. What was your total household income last year before taxes?**

- ☐ Less than \$10,000
- ☐ \$10,000 to \$14,999
- ☐ \$15,000 to \$19,999
- ☐ \$20,000 to \$24,999
- ☐ \$25,000 to \$34,999
- ☐ \$35,000 to \$44,999
- ☐ \$45,000 to \$54,999
- ☐ \$55,000 to \$74,999
- ☐ \$75,000 to \$99,999
- ☐ \$100,000 to \$149,999
- ☐ More than \$150,000

**12. Which of the following best describes your current employment status?**

- ☐ Employed full-time
- ☐ Employed part-time
- ☐ Unemployed
- ☐ Caregiver; Homemaker
- ☐ Student
- ☐ Retired
- ☐ Unable to work

**13. How many children under the age of 18 are living in your household?**

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5 or more

**14. Who is raising the child/children in your household?**

- ☐ Single Parent
- ☐ Both Parents
- ☐ Grandparents
- ☐ Other Family Members
- ☐ Other (please specify)

**15. Have you had problems finding quality child care in Surry County?**

- ☐ Yes
- ☐ No

**16. If yes, what type of child care are you trying to access?**

- ☐ Childcare for birth to 5 years
- ☐ Before or after school care for school-age children
- ☐ Childcare that accepts financial assistance
- ☐ Other (please specify)

**17. Where do you take your child for medical care?**

- ☐ Doctor's Office
- ☐ Health Department (Surry County Health and Nutrition Center)
- ☐ Hospital Emergency Room
- ☐ Urgent Care, Minute Clinic
- ☐ Community Free Clinics
- ☐ Other (please specify)

**18. What type of health insurance does your child/children have?**

- ☐ My child/children do not have health insurance
- ☐ Private or employer-provided insurance
- ☐ Medicaid
- ☐ Other (please specify)

**19. Which of the following places have you or someone in your household had a difficult time getting to because transportation was not available?**

- ☐ Have not experienced any transportation issues
- ☐ Job
- ☐ Social Services
- ☐ Grocery store
- ☐ Places for recreation and entertainment
- ☐ Post-secondary education (college, technical school, etc.)
- ☐ Faith Community (Church)
- ☐ Health Care Office (Dentist, Doctor, Mental Health Provider)
- ☐ Pharmacy
- ☐ Child Care
- ☐ Other (please specify)

**20. Do you or the members of your household seek regular or preventative medical care? (Example: Physical Exams, Dental, Eye)**

- ☐ Yes
- ☐ No

**21. In the past year, has anyone in your household had an issue getting any of the following health care services?**

- ☐ Primary Care Services (Physicals, child well checks, immunizations, sick visits)
- ☐ Vision Services
- ☐ Hearing Services
- ☐ Dental Services
- ☐ Mental Health Services
- ☐ Services for developmental disabilities
- ☐ Alcohol or drug treatment services
- ☐ Weight loss or Wellness programs (nutrition and exercise)
- ☐ Prescription Medication
- ☐ Medical Specialists
- ☐ Not applicable
- ☐ Other (please specify)

**22. Where do you or members of your household seek medical care?**

- ☐ Doctor's Office
- ☐ Free Community Clinic (Example: Medical Ministries)
- ☐ Health Department (Surry County Health and Nutrition Center)
- ☐ Hospital Emergency Room
- ☐ Urgent Care or Minute Clinics
- ☐ Employee Health Clinic
- ☐ Veterans Health Administration (VA Office)
- ☐ None
- ☐ Other (please specify)

**23. Where do you or members of your household seek dental care?**

- ☐ Dentist Office
- ☐ Health Department (Surry County Health and Nutrition Center)
- ☐ Urgent Care, Minute Clinic
- ☐ Community Free Clinic (Example: Medical Ministries)
- ☐ None
- ☐ Other (please specify)

**24. Where do you or members of your household go for mental health care?**

- ☐ Mental Health Provider
- ☐ Doctor's Office
- ☐ Community Free Clinic (Example: Medical Ministries)
- ☐ Health Department (Surry County Health and Nutrition Center)
- ☐ Hospital
- ☐ Urgent Care, Minute Clinic
- ☐ Faith Community
- ☐ Employee Assistance Program (EAP)
- ☐ We have not utilized mental health services
- ☐ Other (please specify)



**25. What has prevented you or someone in your household from using health care services?**

- ☐ Transportation
- ☐ No health insurance
- ☐ Cost of services
- ☐ Accessible programs/services
- ☐ Not Applicable
- ☐ Other (please specify)

**26. What type of health insurance do you currently have?**

- ☐ I do not have health insurance
- ☐ Private or employer provided insurance
- ☐ TriCare (Military or Veteran's insurance)
- ☐ Medicaid
- ☐ Medicare
- ☐ Other (please specify)

**27. Do you or anyone in your household have a chronic condition or special health care need, diagnosed or undiagnosed (physical, medical, intellectual, developmental, emotional or behavioral)?**

- ☐ Yes, an individual age 0-17
- ☐ Yes, an individual age 18 and older
- ☐ No

**28. Where do you get most of your health-related information?**

- ☐ Hospital
- ☐ Doctor/Nurse
- ☐ Health Department (Surry County Health and Nutrition Center)
- ☐ My child's school
- ☐ Friends and family
- ☐ Internet
- ☐ Other (please specify)

**29. Have you been told by a doctor, nurse, or other health care professional that you have any of the following health conditions?**

- ☐ Cancer
- ☐ Angina/Heart Disease
- ☐ Overweight/Obesity
- ☐ Osteoporosis
- ☐ Diabetes (Not during pregnancy)
- ☐ High Cholesterol
- ☐ High Blood Pressure
- ☐ Depression or Anxiety
- ☐ Other (please specify)

**30. Would you say that, in general, your health is:**

- ☐ Excellent
- ☐ Very Good
- ☐ Good
- ☐ Fair
- ☐ Poor
- ☐ Very Poor
- ☐ Not Sure

**31. The recommendation for physical activity is 30 minutes a day, 5 days a week (2.5 hours per week). Please choose the main reason keeping you from getting this much physical activity.**

- ☐ Nothing, I get this much physical activity
- ☐ I am physically active at my work
- ☐ I am physically disabled
- ☐ There is no safe place to exercise
- ☐ I do not have time to exercise
- ☐ It is expensive
- ☐ I do not like to exercise
- ☐ Other (please specify)

**32. Where do you go to exercise or engage in physical activity?**

- ☐ Parks and Trails
- ☐ Public Recreation Center
- ☐ Private Gym or Pool
- ☐ Home/Neighborhood
- ☐ Work
- ☐ Other (please specify)

**33. Do you currently smoke cigarettes?**

- ☐ Yes
- ☐ No

**34. How many years have you smoked cigarettes?**

**35. Do you currently use vaping products (Ex. E-Cigs, Vape Pens, Mods, Pod Mods)**

- ☐ Yes
- ☐ No

**36. How often do you Vape?**

- ☐ Less than 10 times a day
- ☐ 10-20 times a day
- ☐ 21-30 times a day
- ☐ A few times a week
- ☐ A few times a month
- ☐ Other (please specify)

**37. Where would you go if you wanted to quit smoking/vaping?**

- ☐ Pharmacy
- ☐ Private Counselor/Therapist
- ☐ Doctor
- ☐ Health Department (Surry County Health and Nutrition Center)
- ☐ Quit Line NC
- ☐ I don't know
- ☐ I don't smoke
- ☐ Other (please specify)

**38. Do you support tobacco-free environments, such as restaurants, workplaces, community colleges, and other public areas?**

- ☐ Yes
- ☐ No

**39. How prepared do you feel your household is to handle a large-scale disaster or emergency?**

- ☐ Well prepared
- ☐ Somewhat prepared
- ☐ Not prepared at all
- ☐ Not sure

**40. Where do you first go to find out about local news or events?**

- ☐ Social Media (Ex. Facebook, Twitter)
- ☐ TV
- ☐ Internet
- ☐ Newspapers
- ☐ Workplace
- ☐ School
- ☐ Email updates
- ☐ Friends and Family
- ☐ Other (please specify)

**41. Where do you buy most of your food?**

- ☐ Grocery Store (Food Lion, Lowes Foods, Walmart Grocery)
- ☐ Farmer's Market
- ☐ Gas Station/Convenience Store
- ☐ Drugstore (CVS/Walgreens)
- ☐ Fast Food/Restaurants
- ☐ Other (please specify)

**42. How often do you eat fresh fruits and vegetables?**

- ☐ Everyday
- ☐ A few times a week
- ☐ A couple times per month
- ☐ Never
- ☐ I don't know

**43. One recommendation for healthy eating is to eat at least 5 servings of fruits and vegetables a day (not french-fries or potato chips). Please choose the main reason that keeps you from eating this way.**

- ☐ I eat 5 or more servings a day
- ☐ I (or my family) do not like them
- ☐ I do not know how to prepare them
- ☐ They go bad before we eat them
- ☐ I do not think they are important
- ☐ I just don't think about it
- ☐ I do not have time to fix them
- ☐ They are expensive
- ☐ Other (please specify)

**44. Which of the following makes it hard for you to buy food?**

- ☐ Transportation
- ☐ Cost of food
- ☐ Distance to grocery store
- ☐ Unemployment
- ☐ Other (please specify)

**45. Which of the following Surry County Environmental Health concerns do you believe most affects your health?**

- |                                               |                                              |
|-----------------------------------------------|----------------------------------------------|
| <input type="radio"/> Drinking water          | <input type="radio"/> Lead Exposure          |
| <input type="radio"/> Flouride-enriched water | <input type="radio"/> Drought                |
| <input type="radio"/> Mold                    | <input type="radio"/> Meth Labs              |
| <input type="radio"/> Ozone                   | <input type="radio"/> Air Quality            |
| <input type="radio"/> Radon                   | <input type="radio"/> Food safety            |
| <input type="radio"/> Recycling               | <input type="radio"/> Rabies                 |
| <input type="radio"/> Second-hand smoke       | <input type="radio"/> Septic System failure  |
| <input type="radio"/> None of the above       | <input type="radio"/> Other (please specify) |

**46. What are the top 3 biggest Substance Abuse problems in Surry County?  
Rank 1 to 3, with 1 being the biggest problem.**

- ☐ Marijuana
- ☐ Methamphetamine (Meth)
- ☐ Other Street Drugs (Cocaine, Crack, Heroin)
- ☐ Abuse of Prescription Drug/Pills
- ☐ Alcohol
- ☐ Drinking and Driving
- ☐ I really do not know

**47. In your opinion, which top 3 health behaviors do people in your community  
need more information about?**

- ☐ Eating Well/Nutrition
- ☐ Exercising/Fitness
- ☐ Managing Weight
- ☐ Going to a dentist for check-ups/Preventative care
- ☐ Going to a doctor for yearly check-ups and screenings
- ☐ Getting prenatal care during pregnancy
- ☐ Getting Flu Shots and other vaccines
- ☐ Preparing for an Emergency/Disaster
- ☐ Using Child Safety Car Seats
- ☐ Using seat belts
- ☐ Driving Safely
- ☐ Quitting Smoking/Tobacco Use Prevention
- ☐ Childcare/Parenting
- ☐ Caring for family members with special needs/Disabilities
- ☐ Preventing Pregnancy and Sexually Transmitted Infections (Safe Sex)
- ☐ Substance Abuse (Drugs and Alcohol)
- ☐ Suicide Prevention/Depression
- ☐ Stress Management
- ☐ Domestic Violence
- ☐ Crime Prevention
- ☐ Other (please specify)

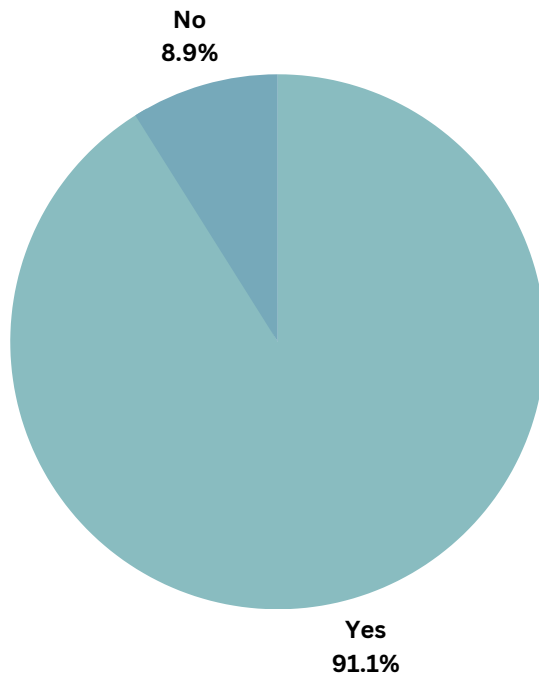


**47. In your opinion, what are Surry County's top 3 Health Issues? Please select 3.**

- ☐ Mental Health
- ☐ Substance Abuse
- ☐ Overweight/Obesity
- ☐ Injury and Violence
- ☐ Environmental Quality
- ☐ Diabetes
- ☐ Communicable Disease (Flu, COVID, etc.)
- ☐ Alzheimer's Disease
- ☐ Heart Disease
- ☐ Cancer
- ☐ Unintentional Injury (Car accidents, fire, drowning, etc.)
- ☐ Other (please specify)

# COMMUNITY HEALTH NEEDS ASSESSMENT RESULTS

## 1. Do you live in Surry County? If no, please do not continue.

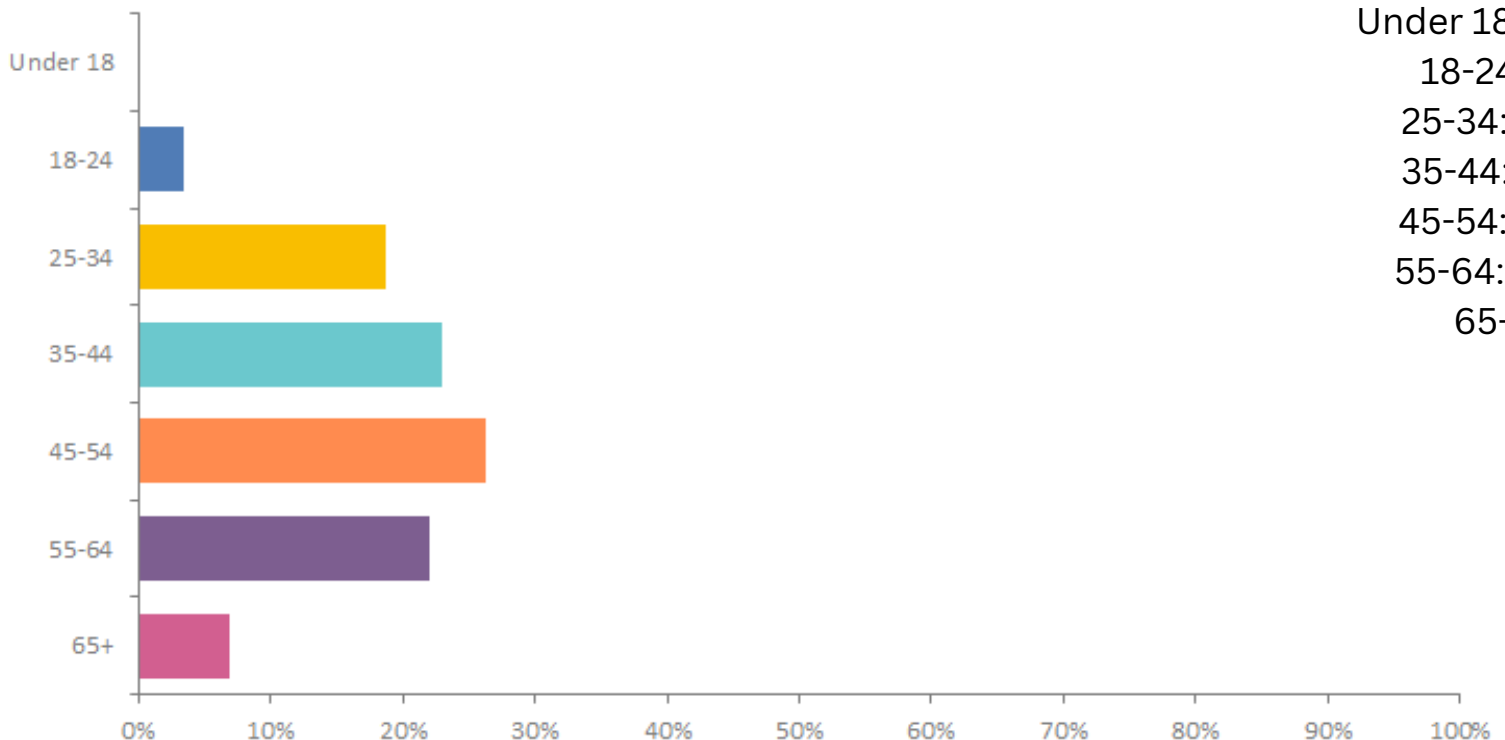


### Results

Yes: 112

No: 11

## 2. What is your age?



### Results

Under 18: 0

18-24: 4

25-34: 22

35-44: 27

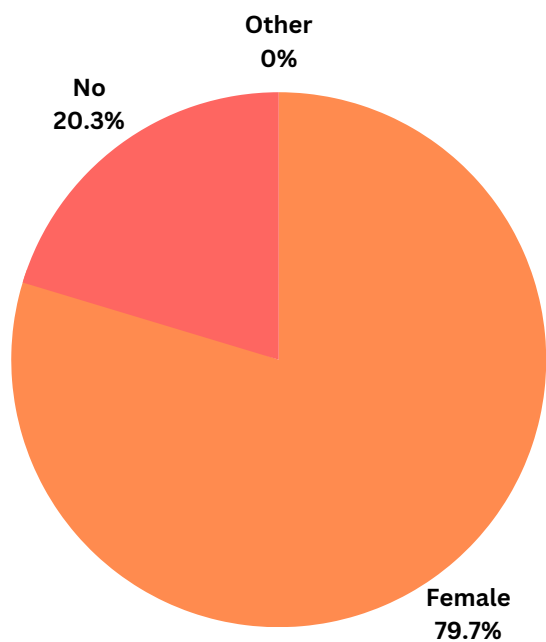
45-54: 31

55-64: 26

65+: 8

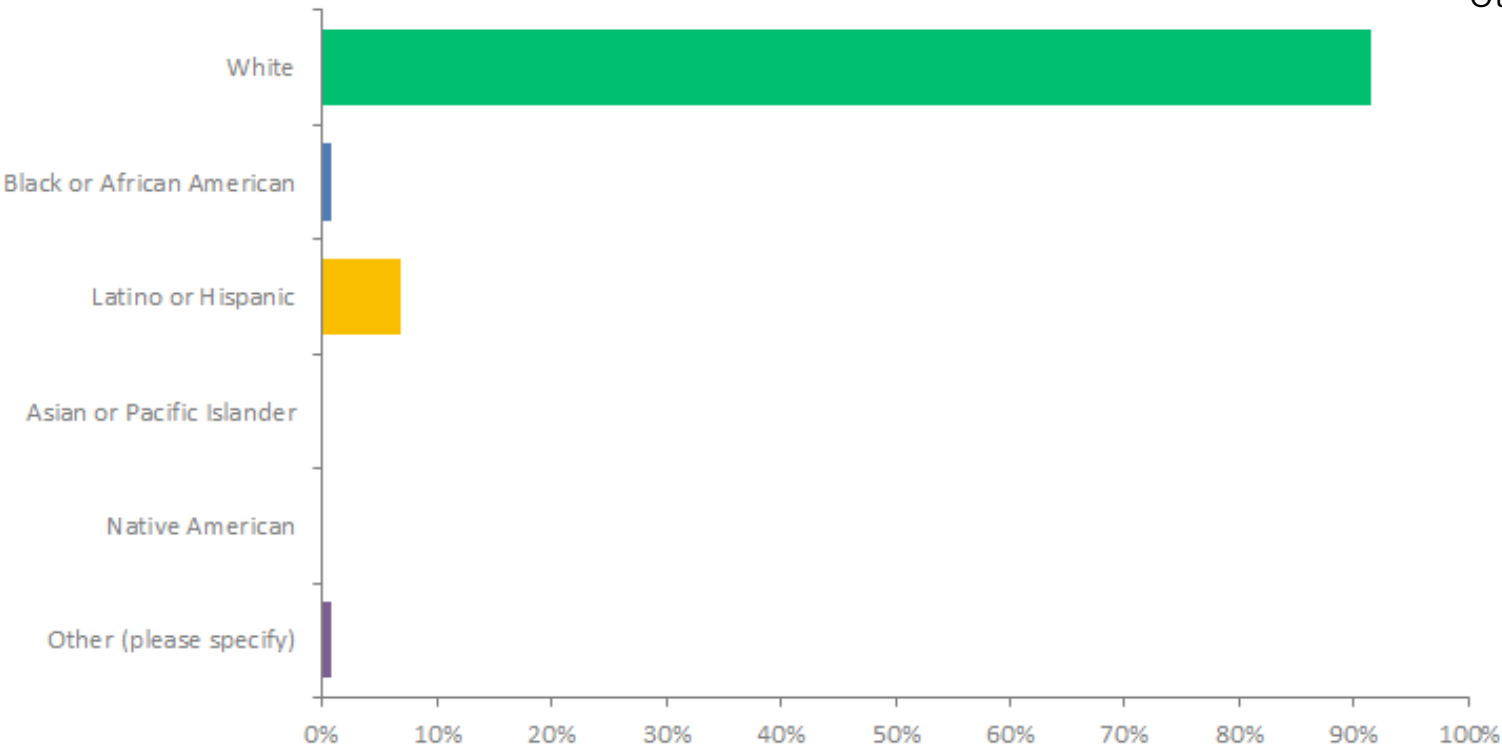
### 3. What is your gender?

**Results**  
Female: 94  
Male: 24  
Other: 0



### 4. What is your race/ethnicity?

**Results**  
White: 107  
Black or African American: 1  
Latino or Hispanic: 8  
Asian or Pacific Islander: 0  
Native American: 0  
Other: 1



## 5. What is your marital status?

### Results

Single: 25

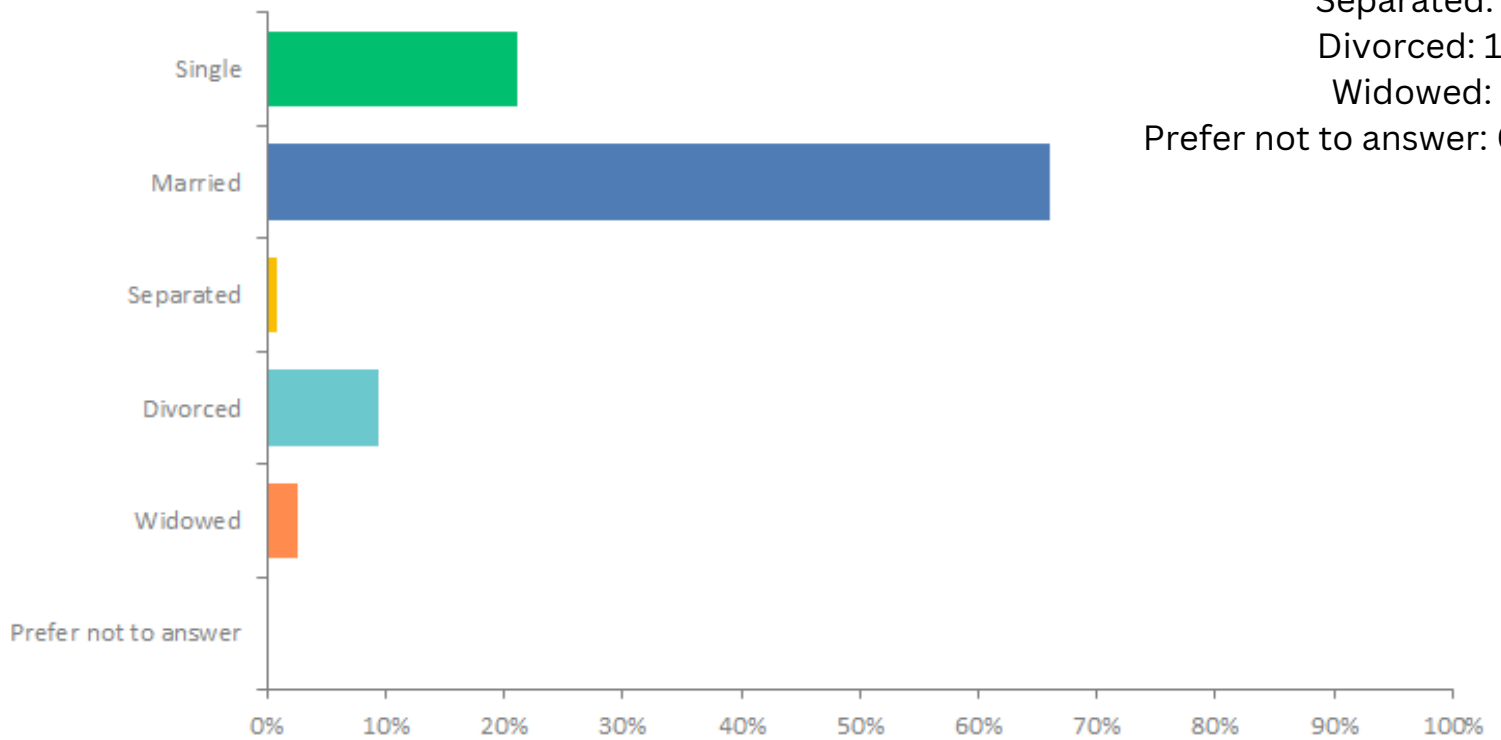
Married: 78

Separated: 1

Divorced: 11

Widowed: 3

Prefer not to answer: 0



## 6. How many people, including you, live in your household?

### Results

1: 14

2: 35

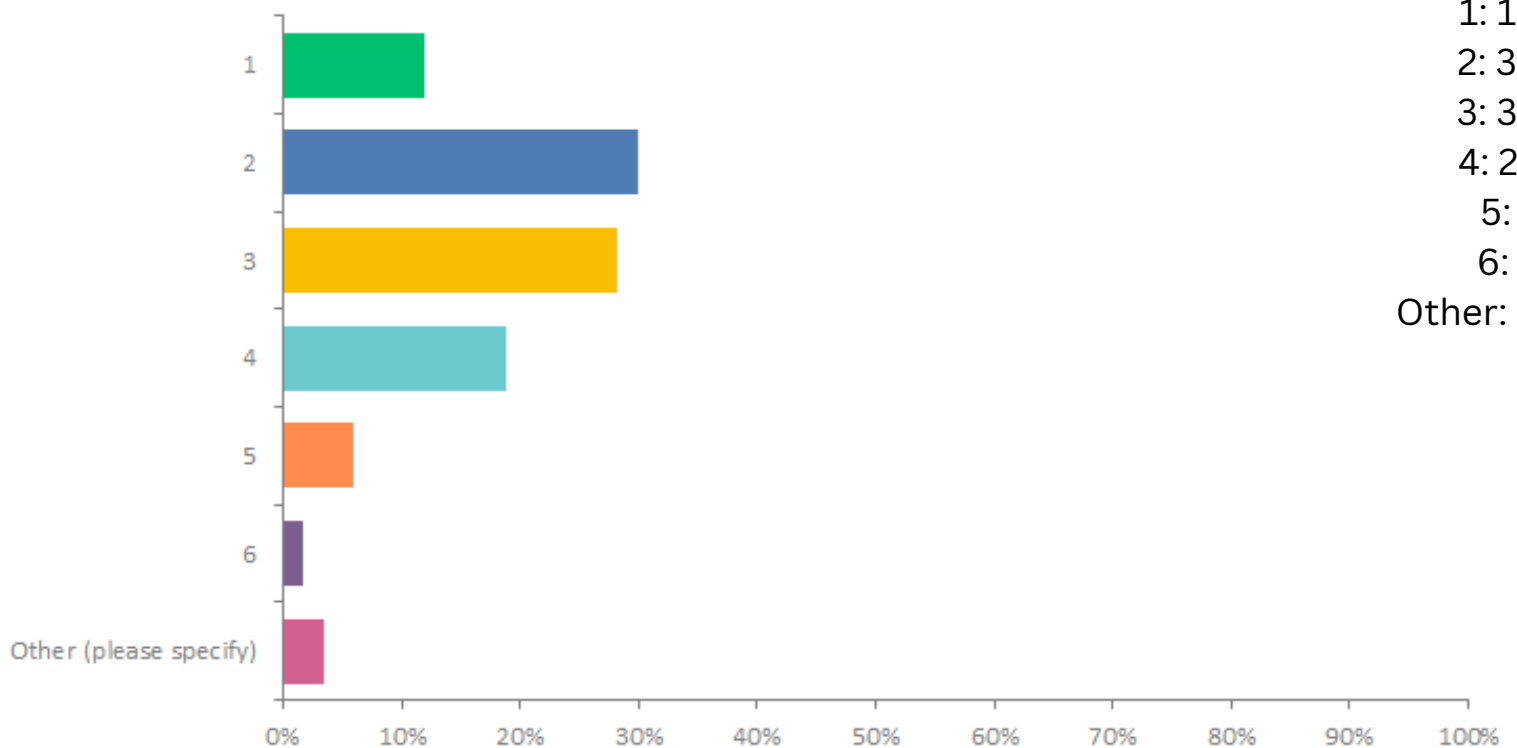
3: 33

4: 22

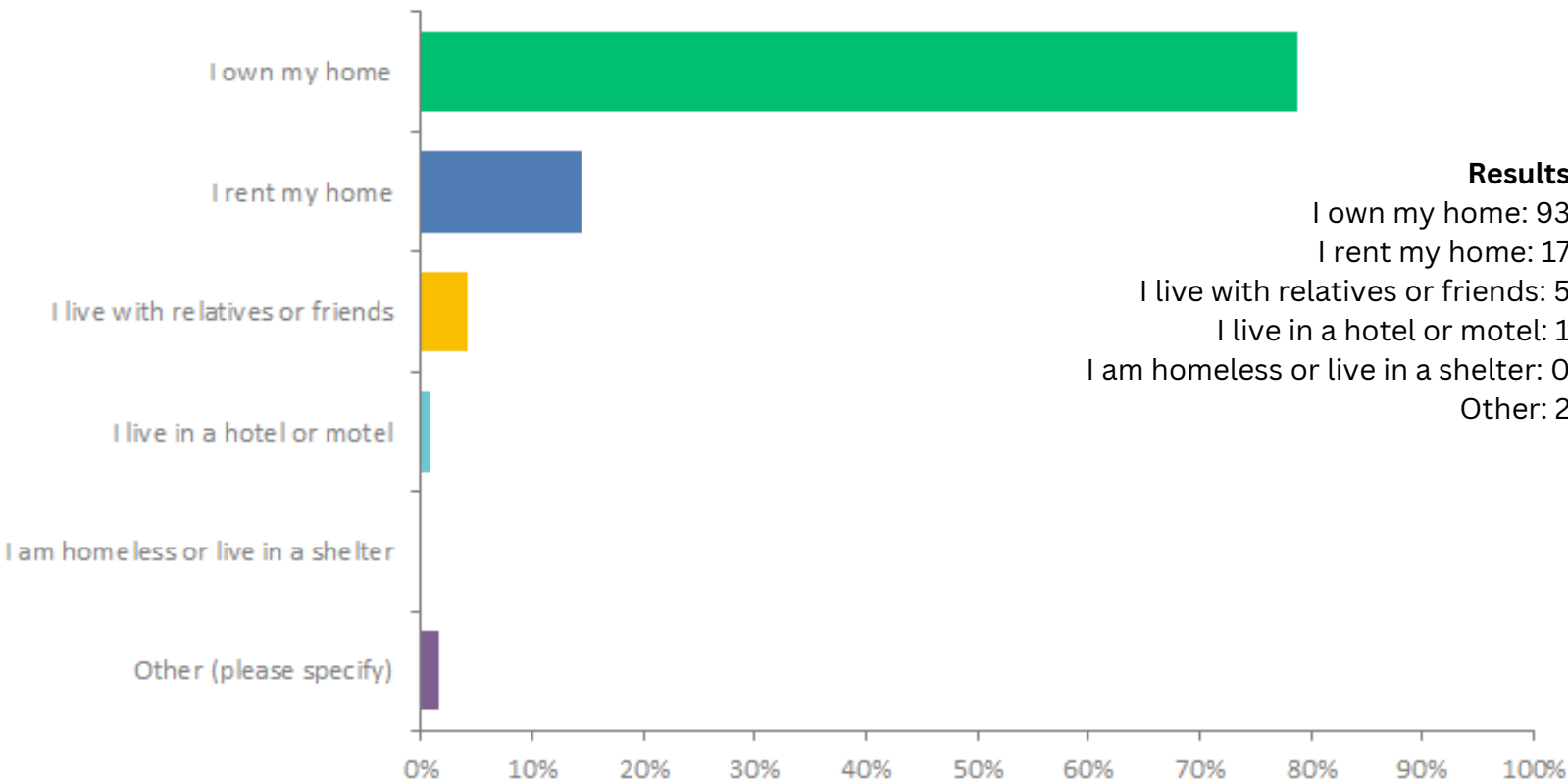
5: 7

6: 2

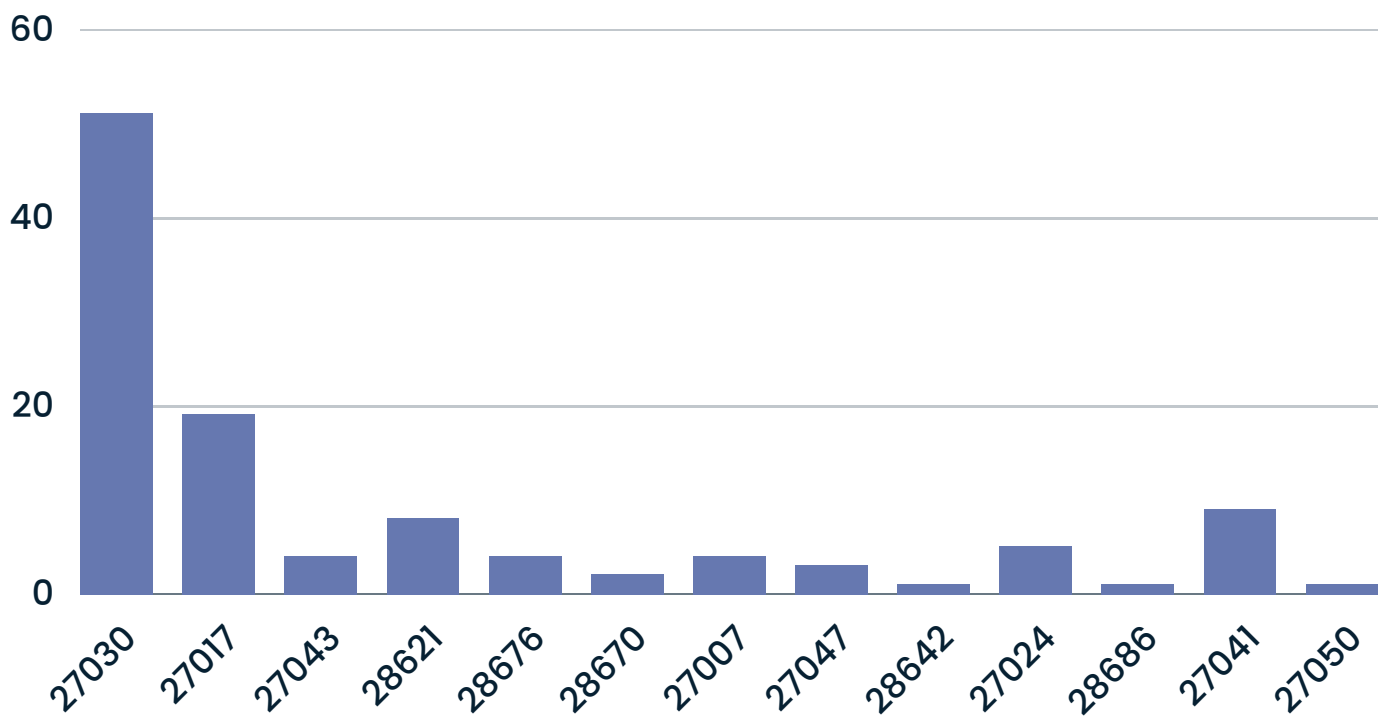
Other: 4



7. Which of the following best describes your current living situation?

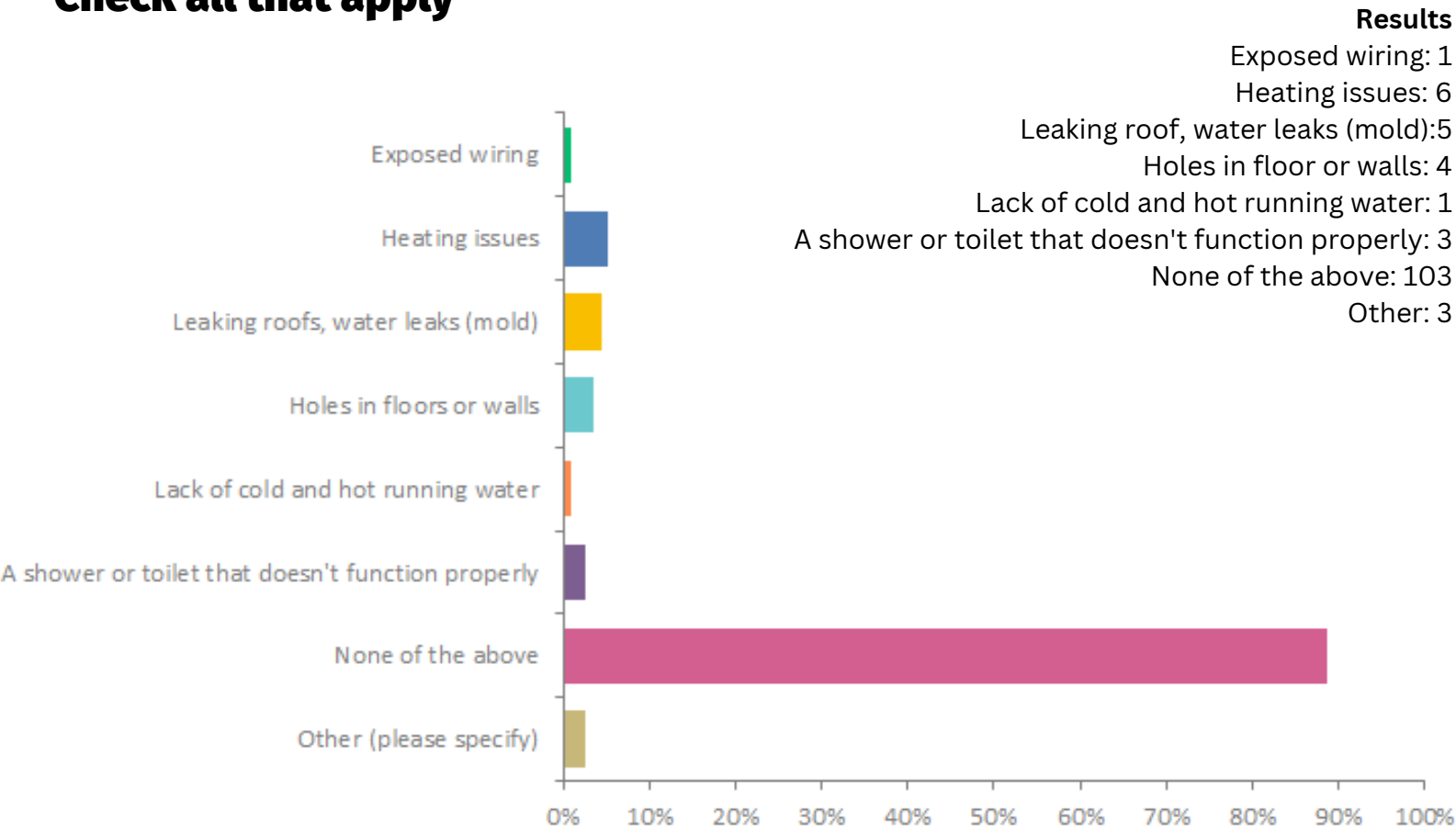


8. What is your zip code?

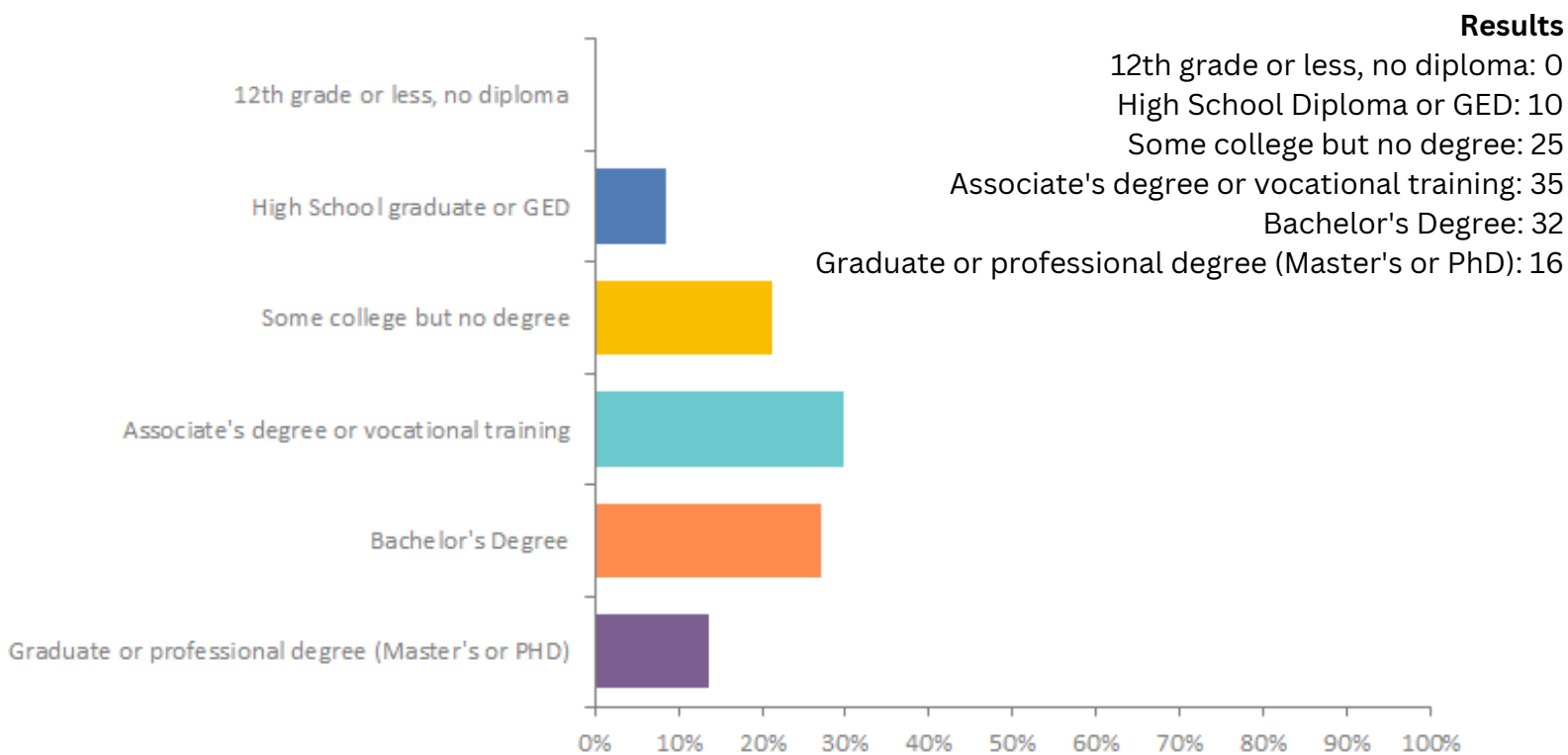


<u>Zip Code</u>	27030-51	28676-4	27047-3	28686-1
<u>Totals:</u>	27017-19	28670-2	28642-1	27041-9
	27043-4	27007-4	27024-5	27050-1
	28621-8			

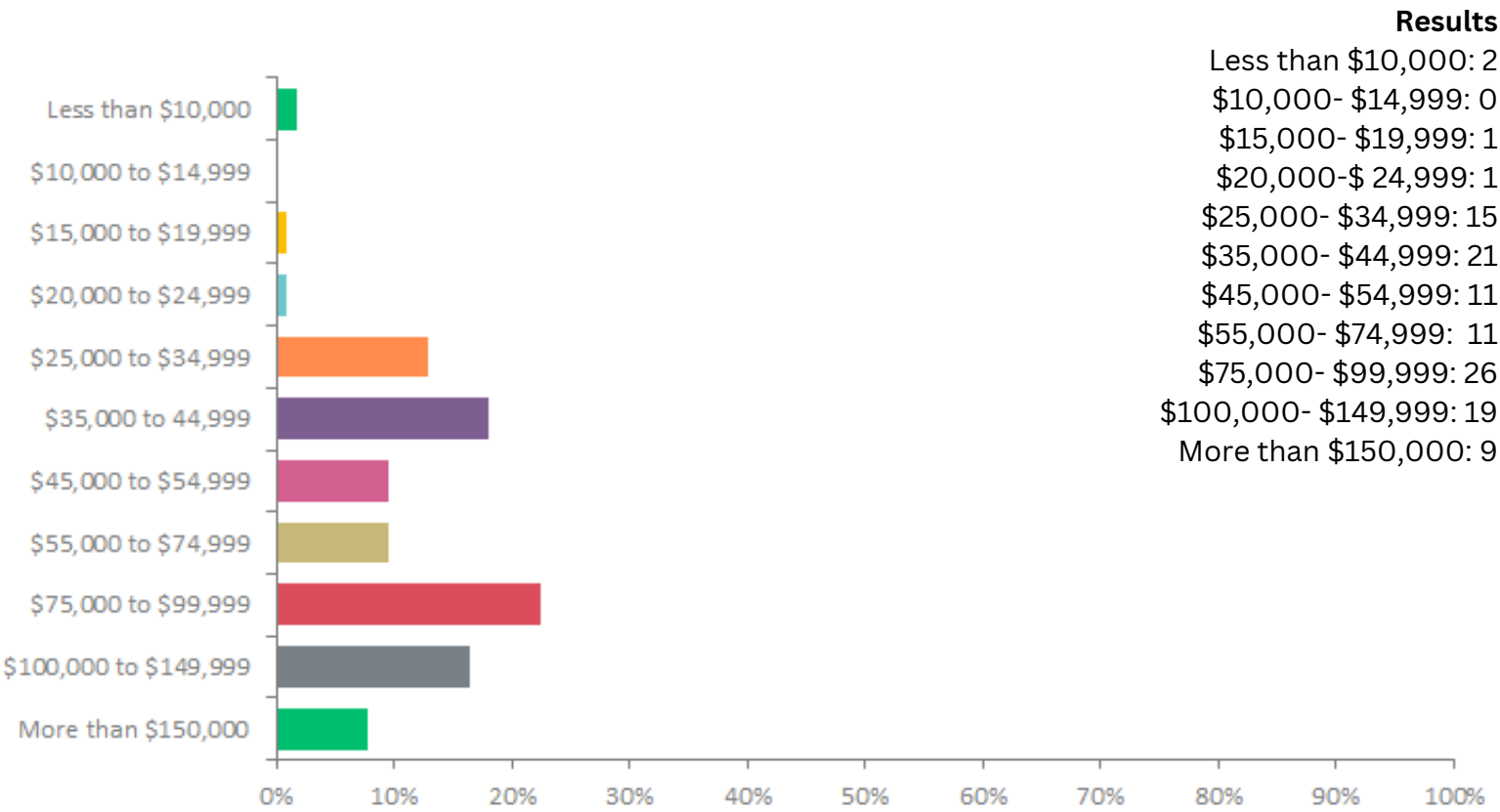
9. Does the place you are living have any of the following issues?  
Check all that apply



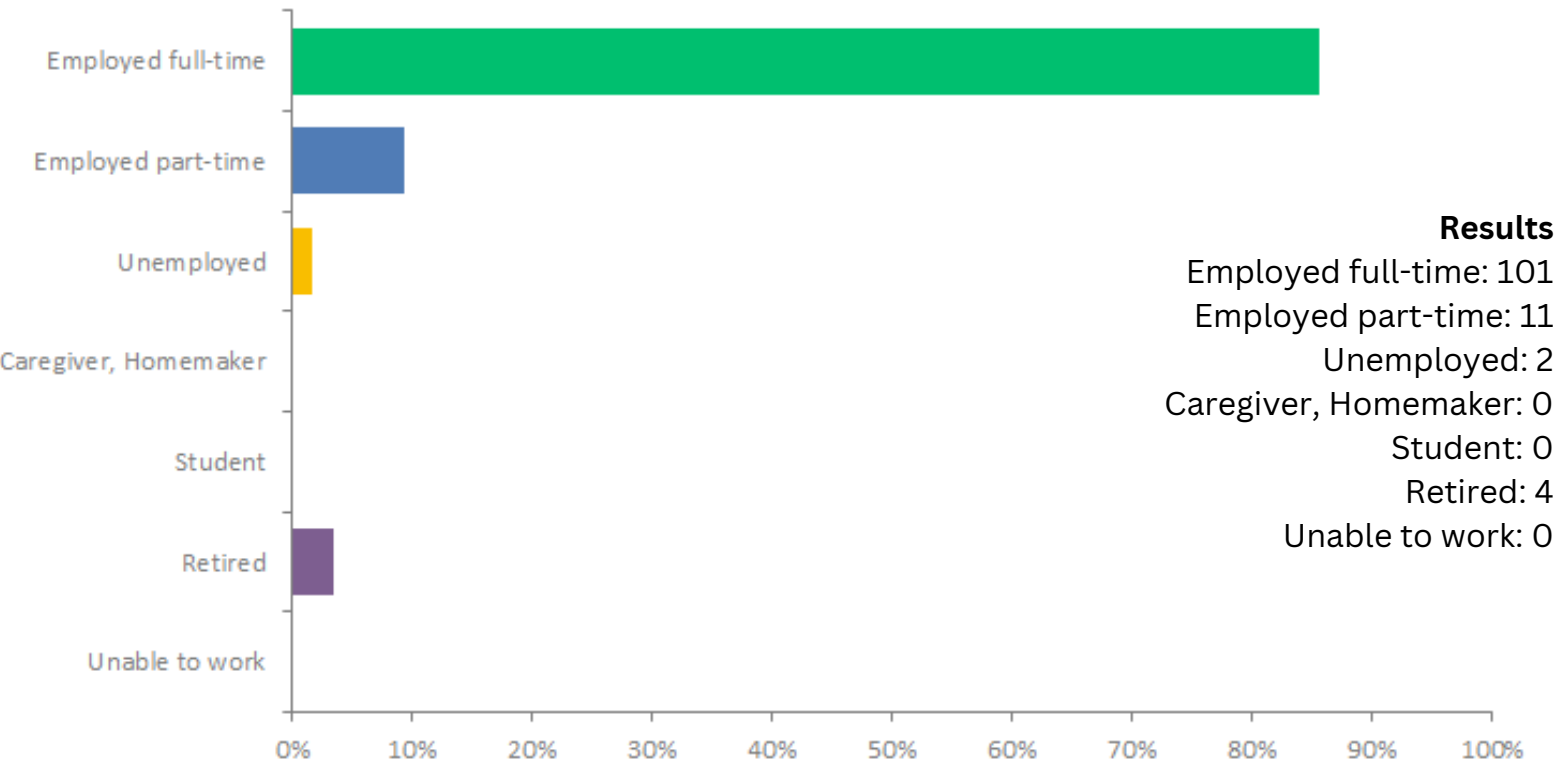
10. What is the highest level of education you have completed?



11. What was your total household income last year before taxes?  
Please check one.

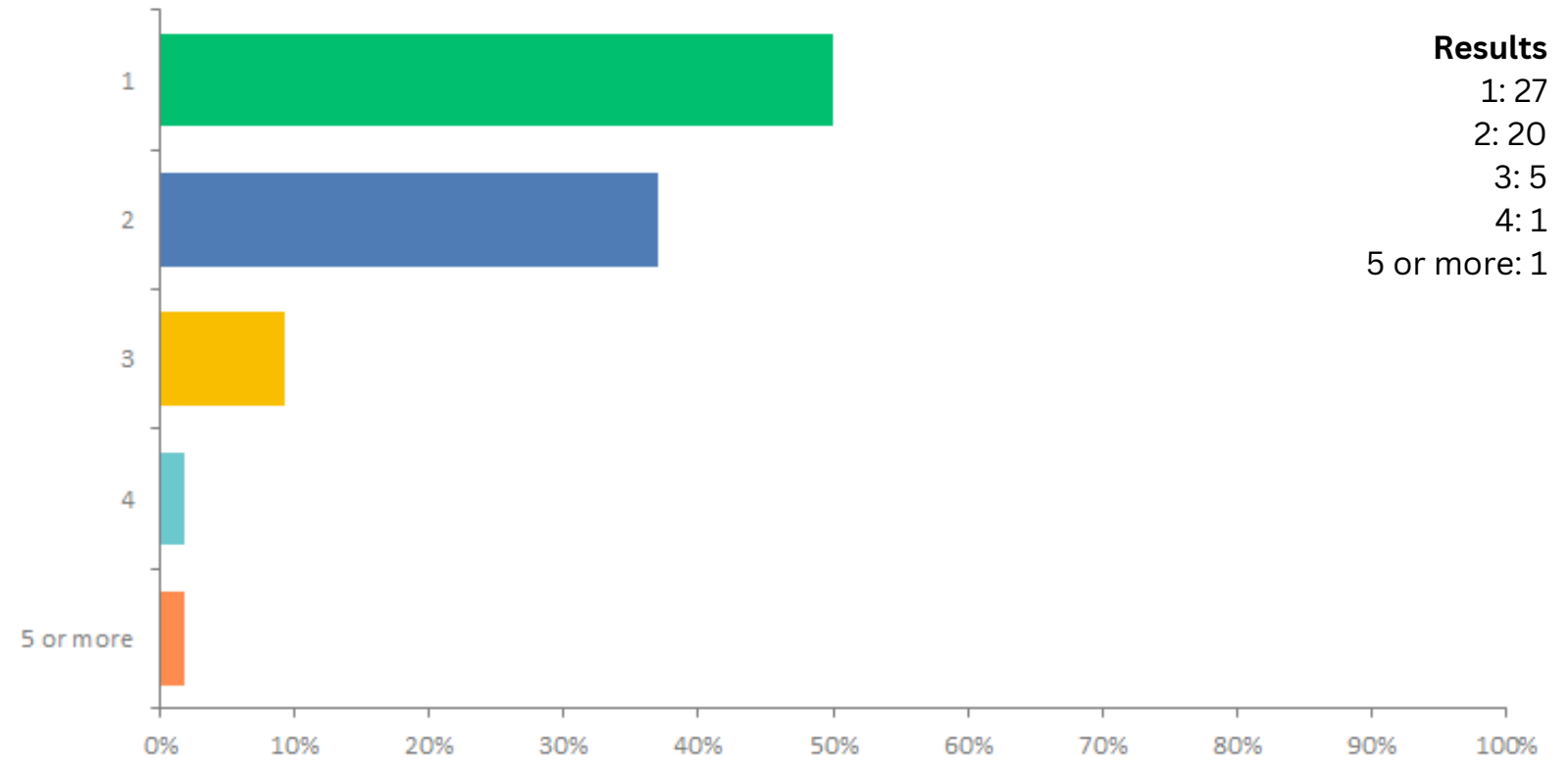


12. Which of the following best describes your current employment status?

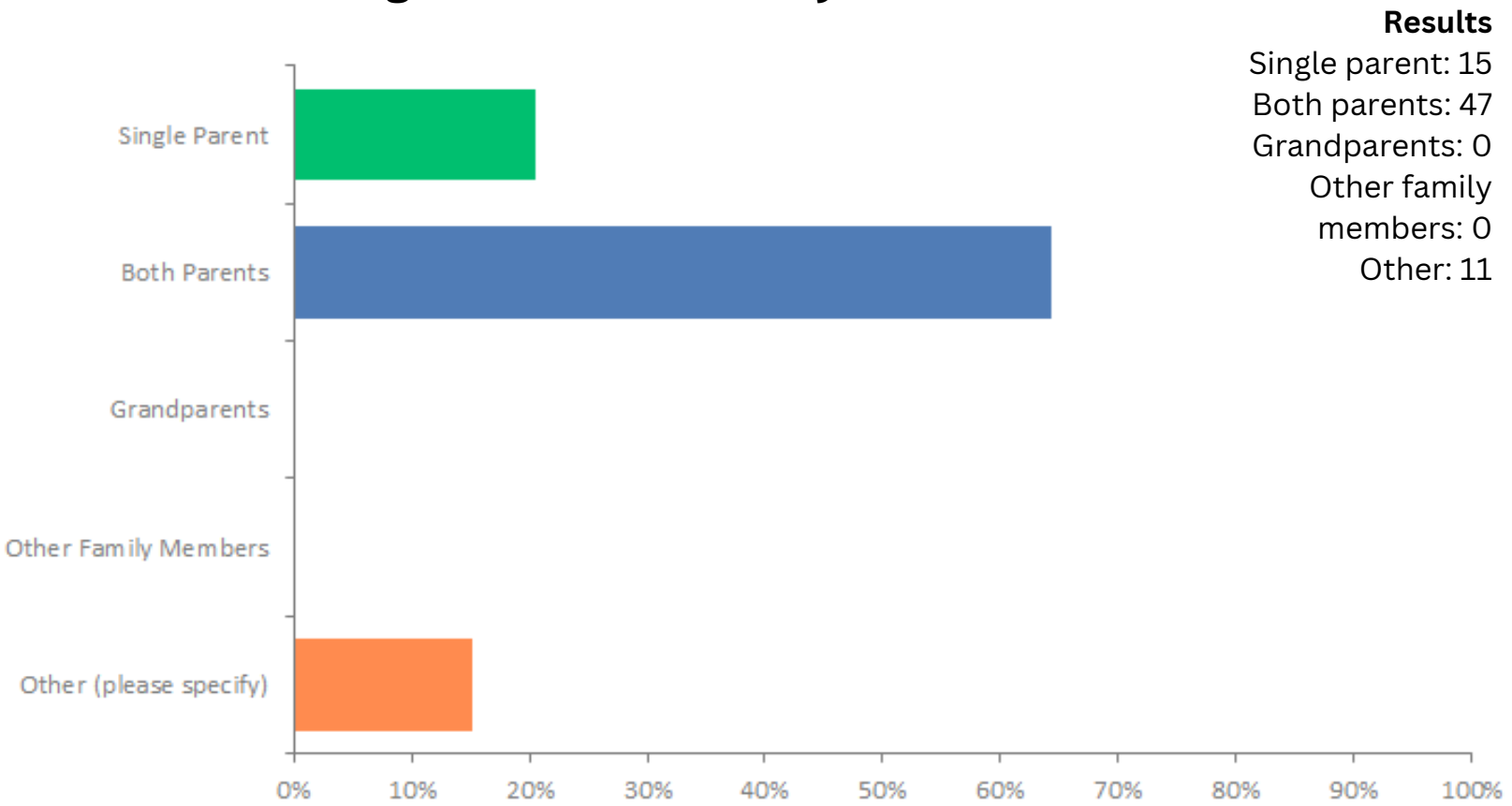




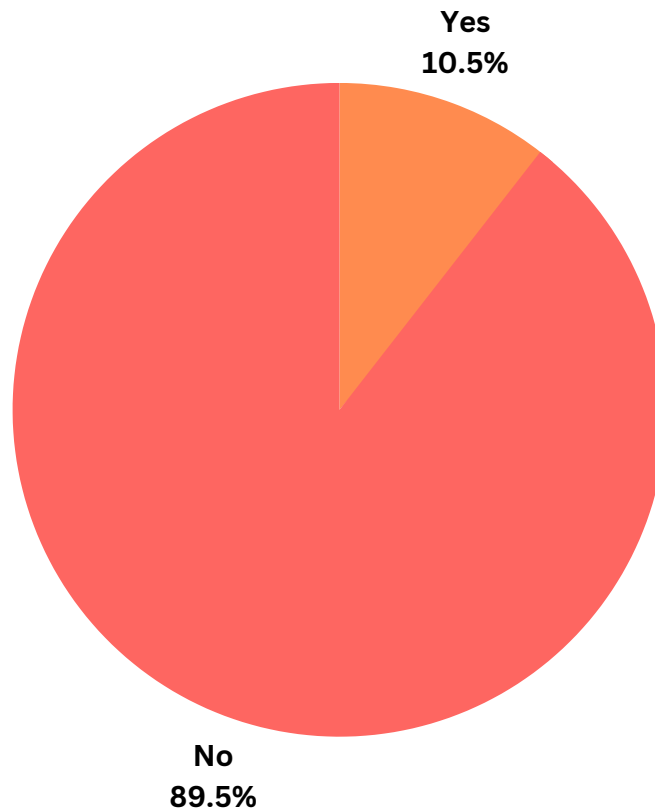
13. How many children under the age of 18 are living in your household?



14. Who is raising the child/children in your household?



## 15. Have you had problems finding quality child care in Surry County?

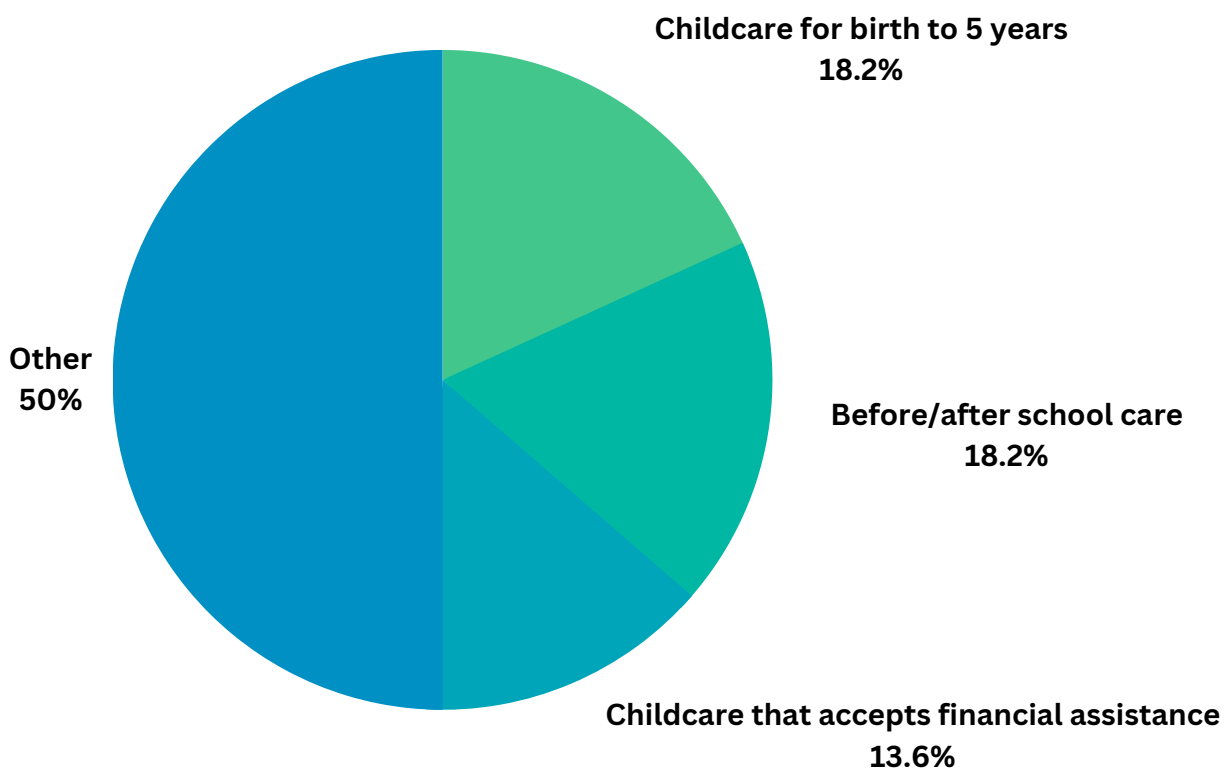


### Results

Yes: 8

No: 68

## 16. If yes, what type of childcare are you trying to access?



### Results

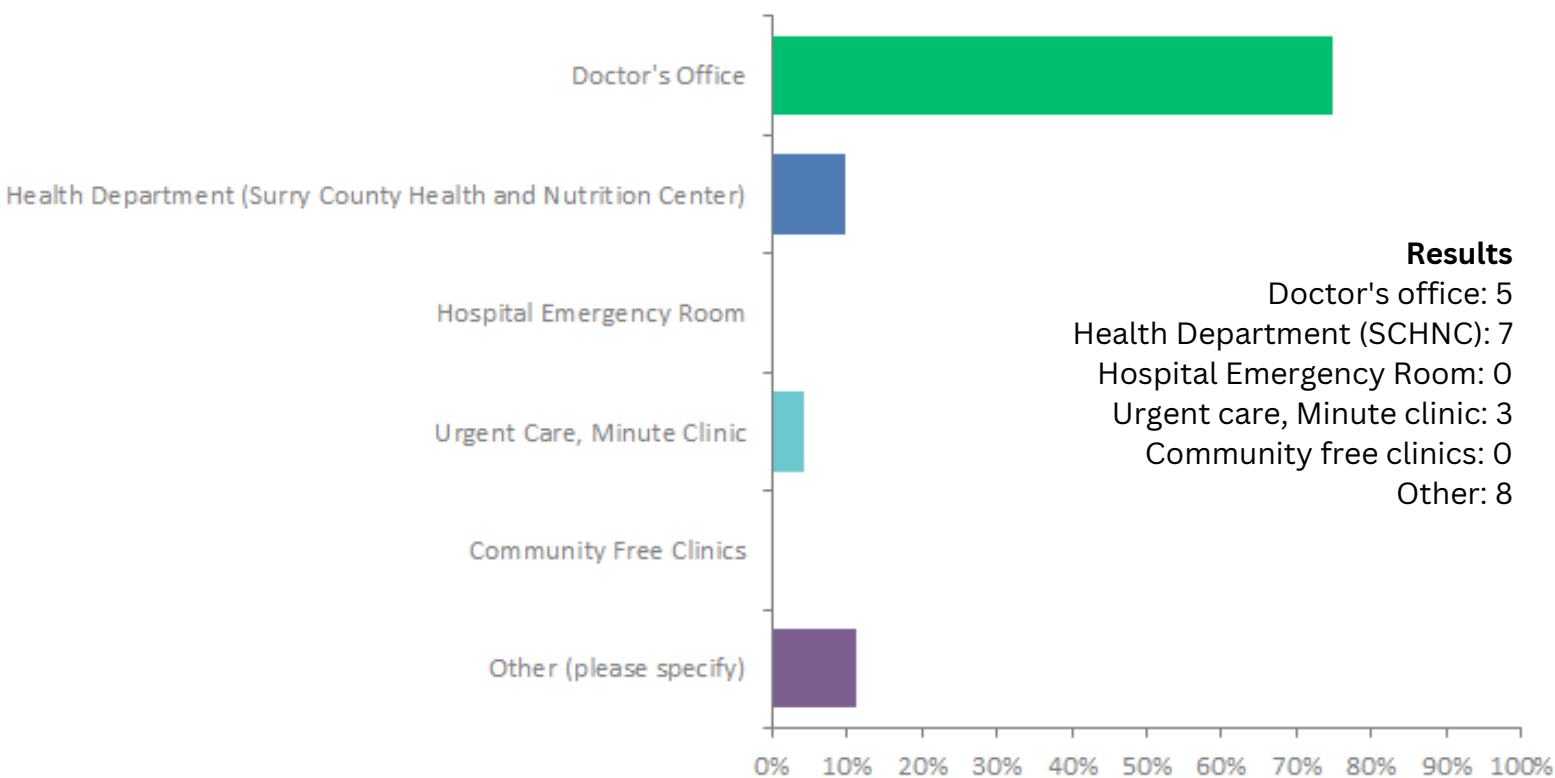
Childcare birth to 5 years: 4

Before/after school care for school-age children: 4

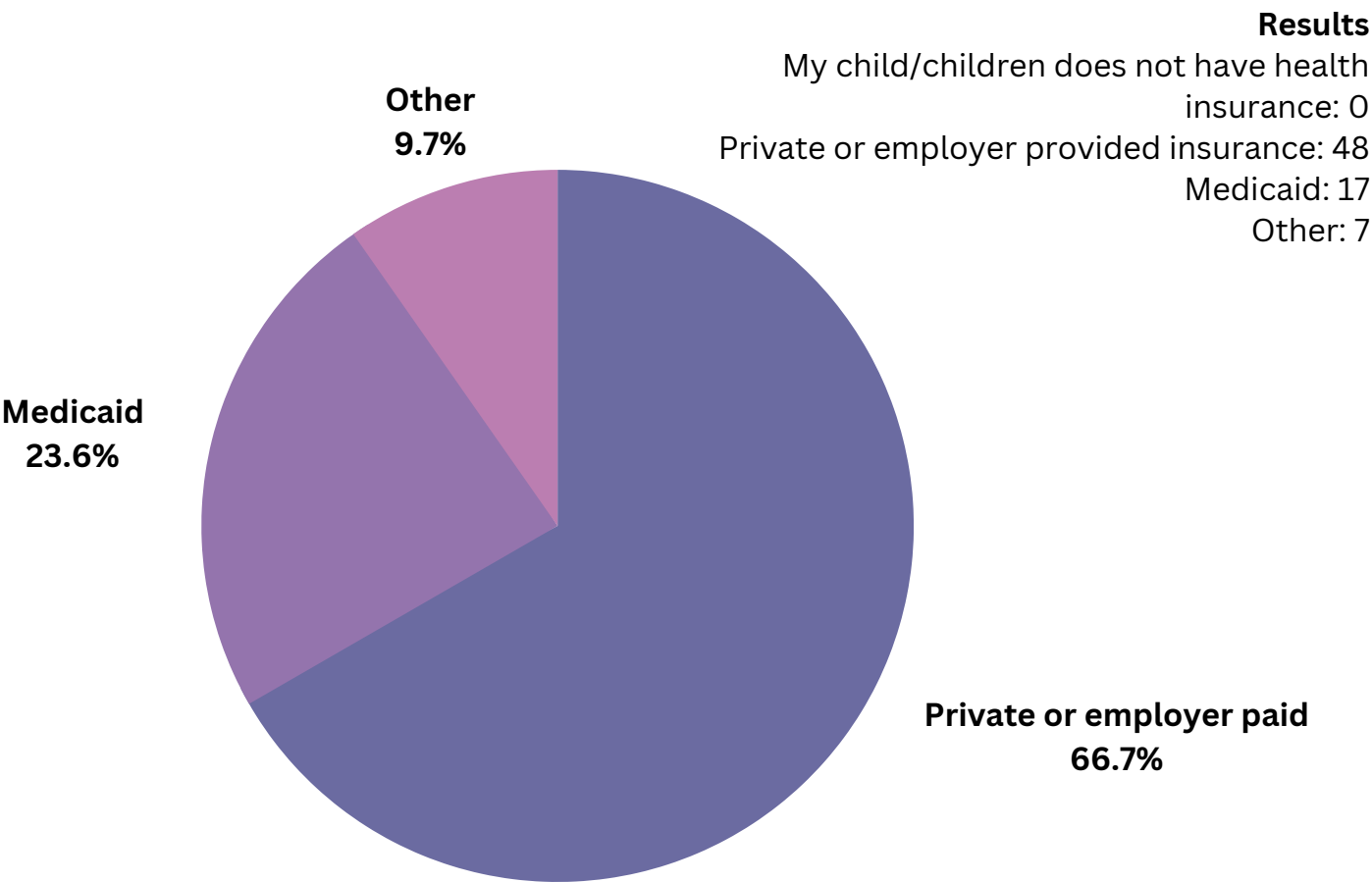
Childcare that accepts financial assistance: 3

Other: 11

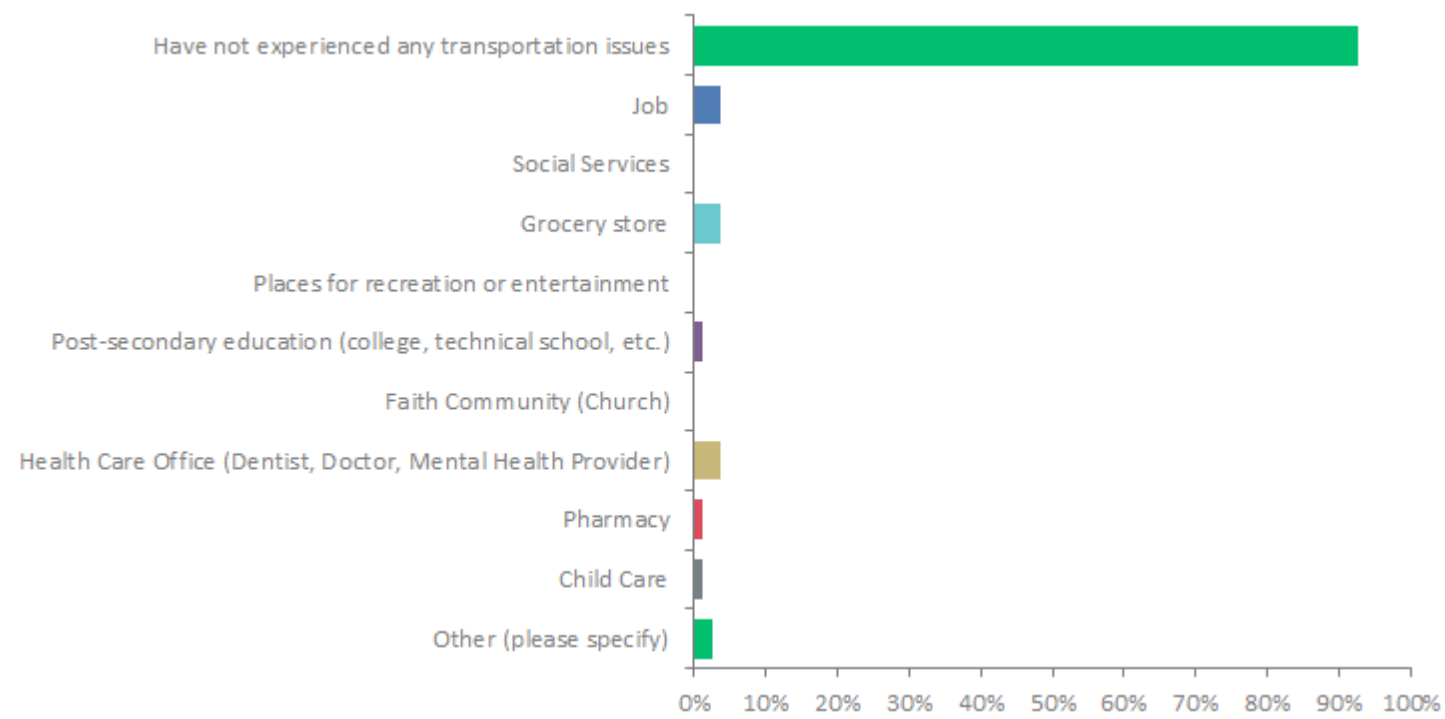
17. Where do you take your child for medical care?



18. What type of health insurance does your child/children have?



**19. Which of the following places have you or someone in your household had a difficult time getting to because transportation was not available? Check all that apply**

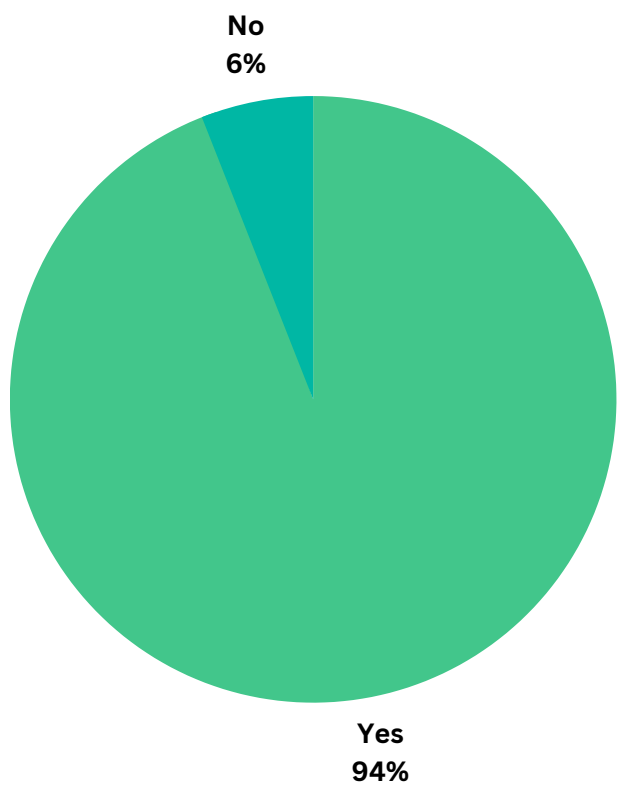


**Results**
Have not experienced any transportation issues: 74  
Job: 3  
Social Services: 0  
Grocery Store: 3

Places for recreations or entertainment: 0  
Post-secondary education: 1  
Faith community (church): 0  
Health Care office: 3

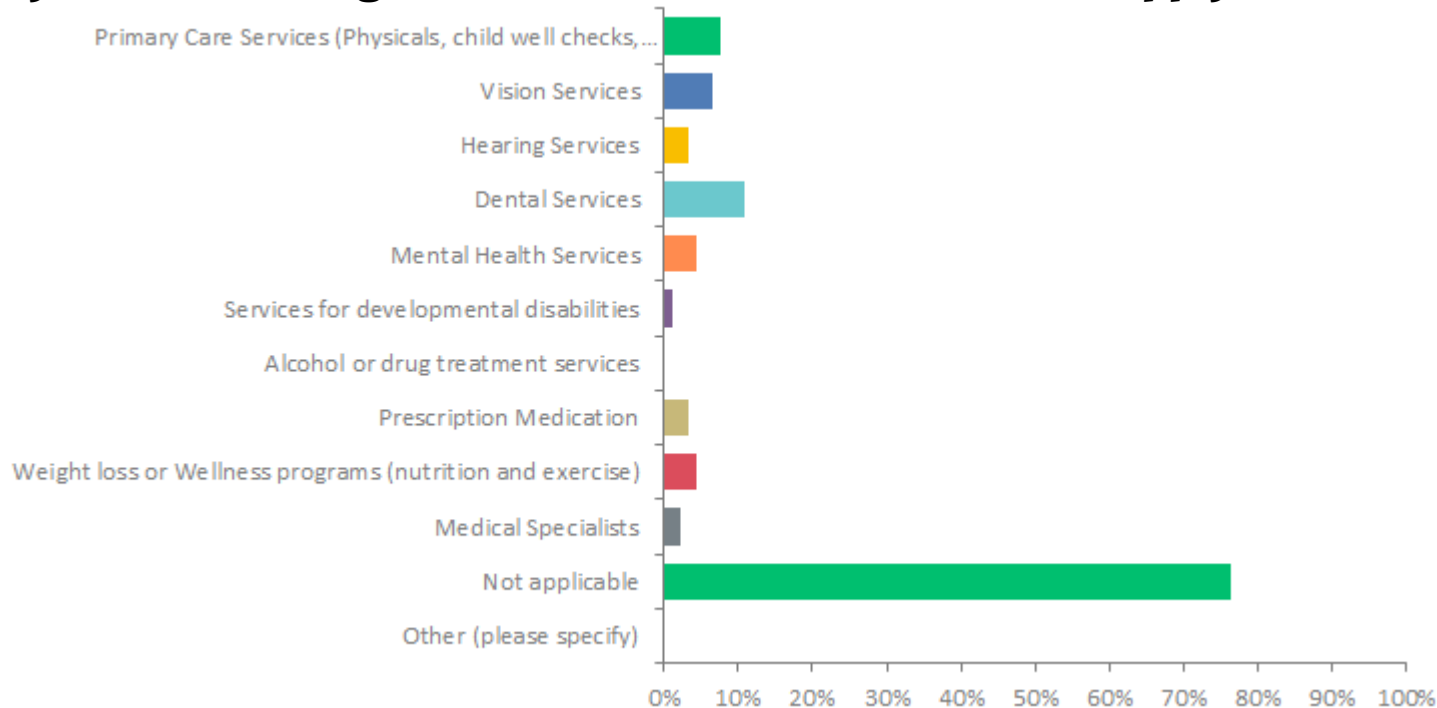
Pharmacy: 1  
Child care: 1  
Other: 2

**20. Do you or the members of your household seek regular or preventative medical care? (Examples: Physical Exams, Dental, Eye)**



**Results**  
Yes: 110  
No: 7

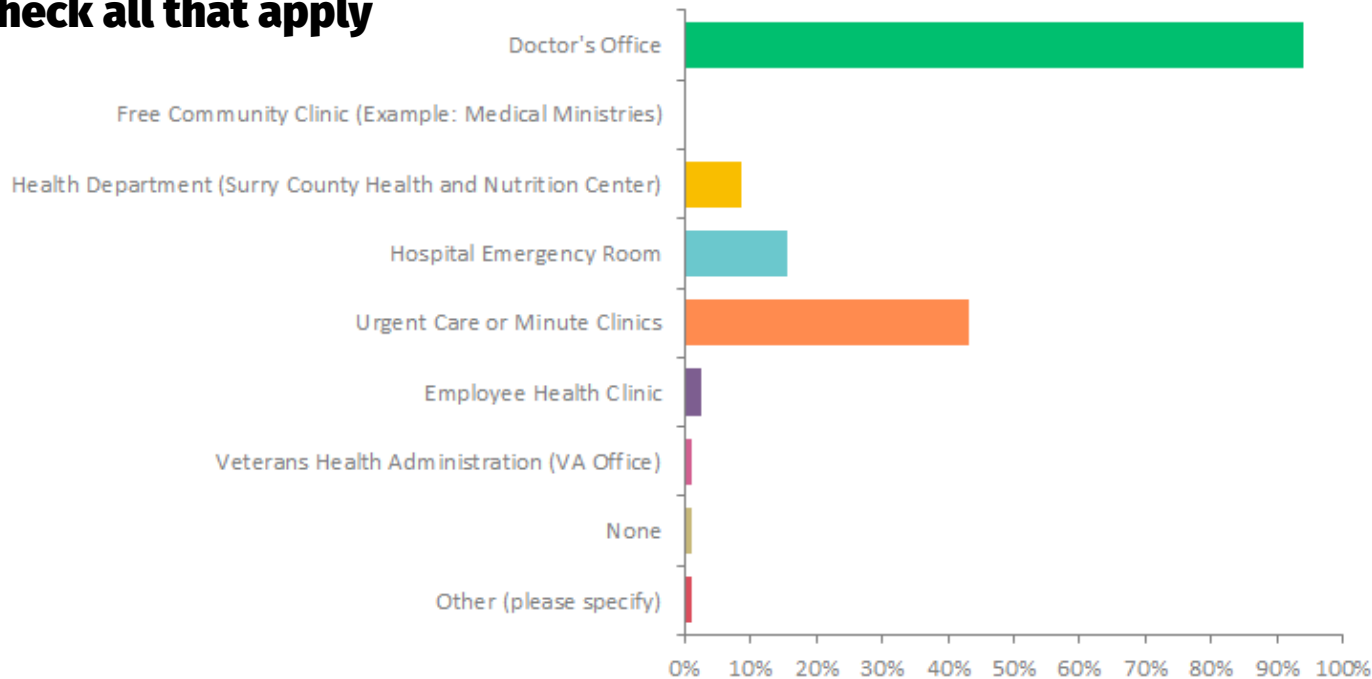
21. In the past year, has anyone in your household had an issue getting any of the following health care services? Check all that apply



**Results**

Primary Care Services: 7	Alcohol or drug treatment services: 0
Vision services: 6	Prescription medication: 3
Hearing services: 3	Weight loss wellness programs: 4
Dental services: 10	Medical specialist: 2
Mental Health Services: 4	Not applicable: 71
Services for developmental services: 1	Other: 0

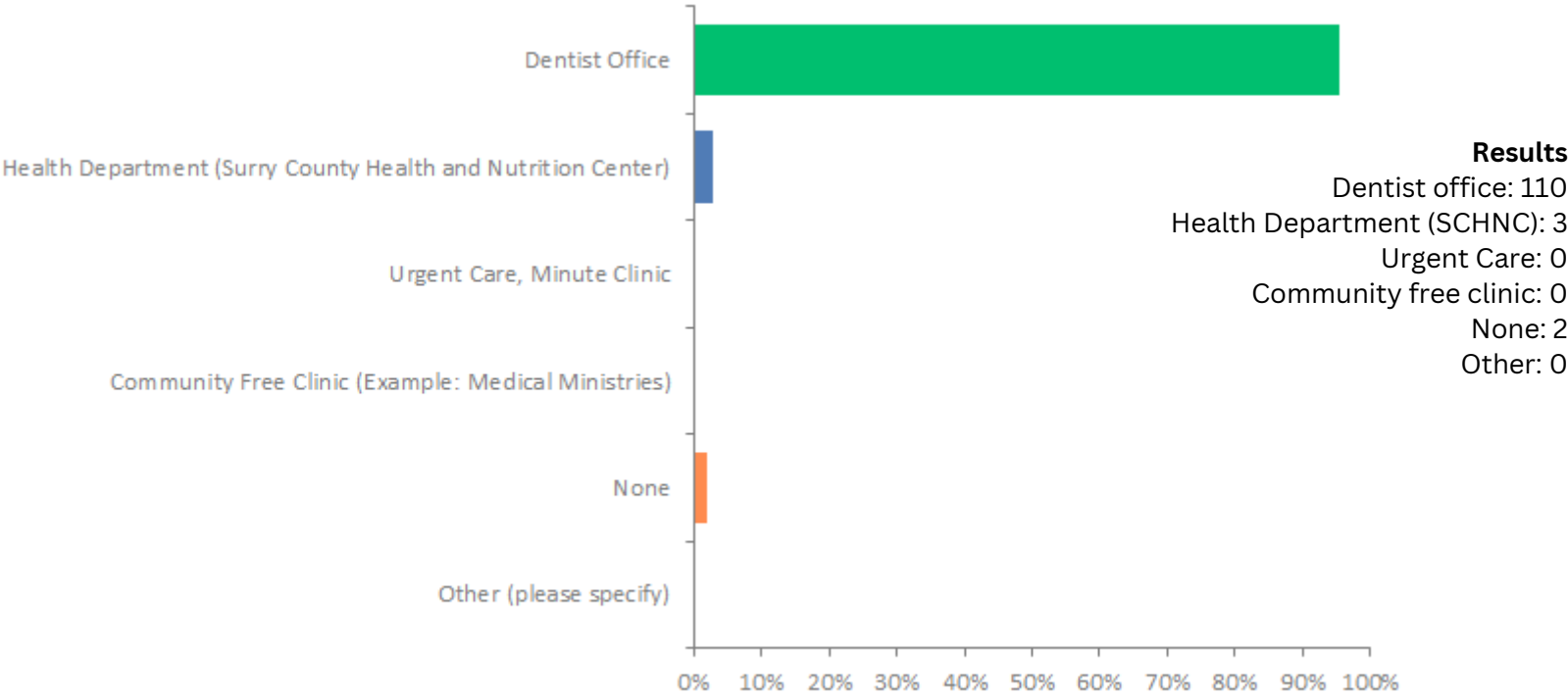
22. Where do you or members of your household seek medical care? Check all that apply



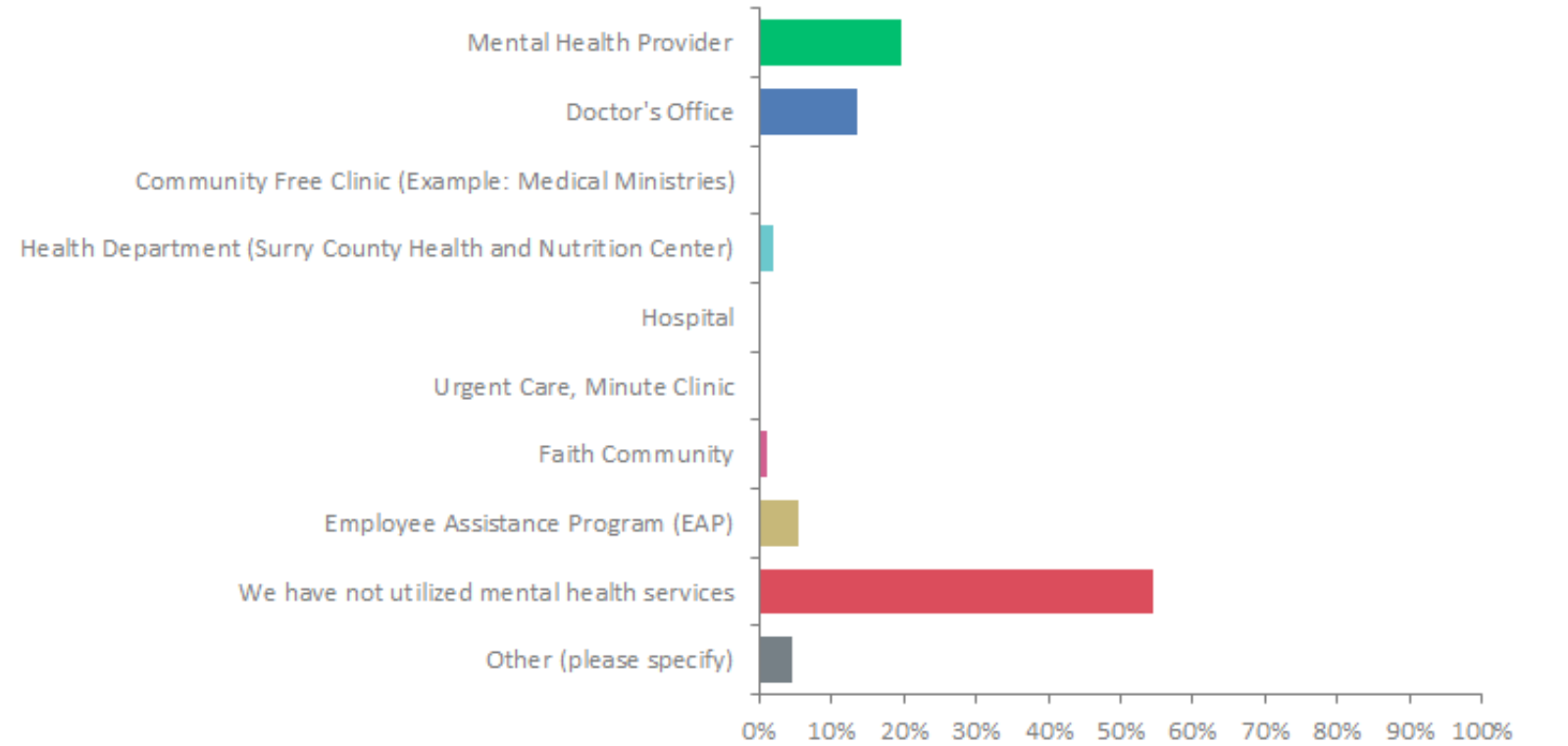
**Results**

Doctor's office: 109	Employee health clinic: 3
Free community clinic: 0	Veteran's health administration: 1
Health Department: 10	None: 1
Hospital emergency room: 18	Other:
Urgent care or minute clinic: 50	

23. Where do you or members of your household seek dental care?



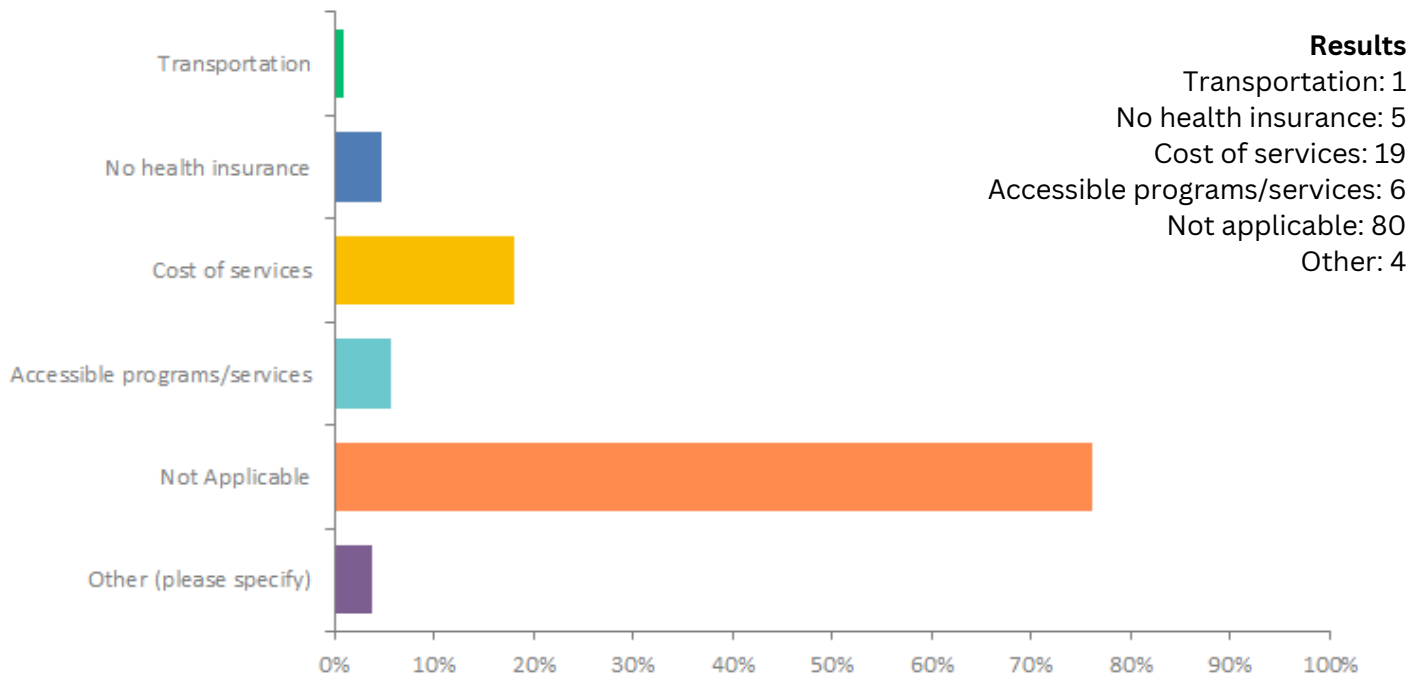
24. Where do you or members of your household go for mental health care?



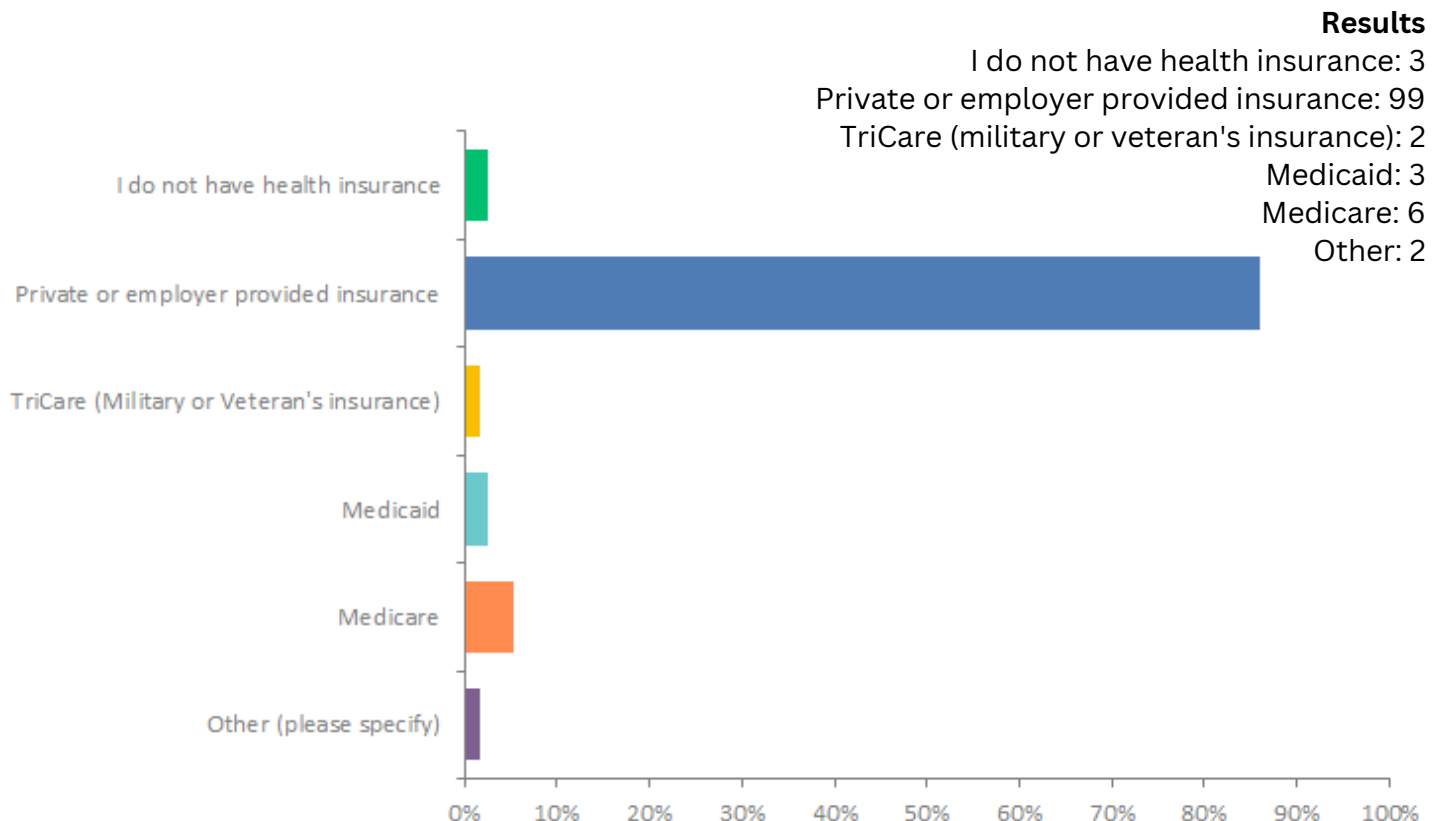
**Results**

Mental health provider: 22	Urgent care: 0
Doctor's office: 15	Faith community: 1
Community free clinic: 0	Employee assistance program: 6
Health department (SCHNC): 2	We have not utilized mental health services: 61
Hospital: 0	Other: 5

## 25. What has prevented you or someone in your household from using health care services. Check all that apply.

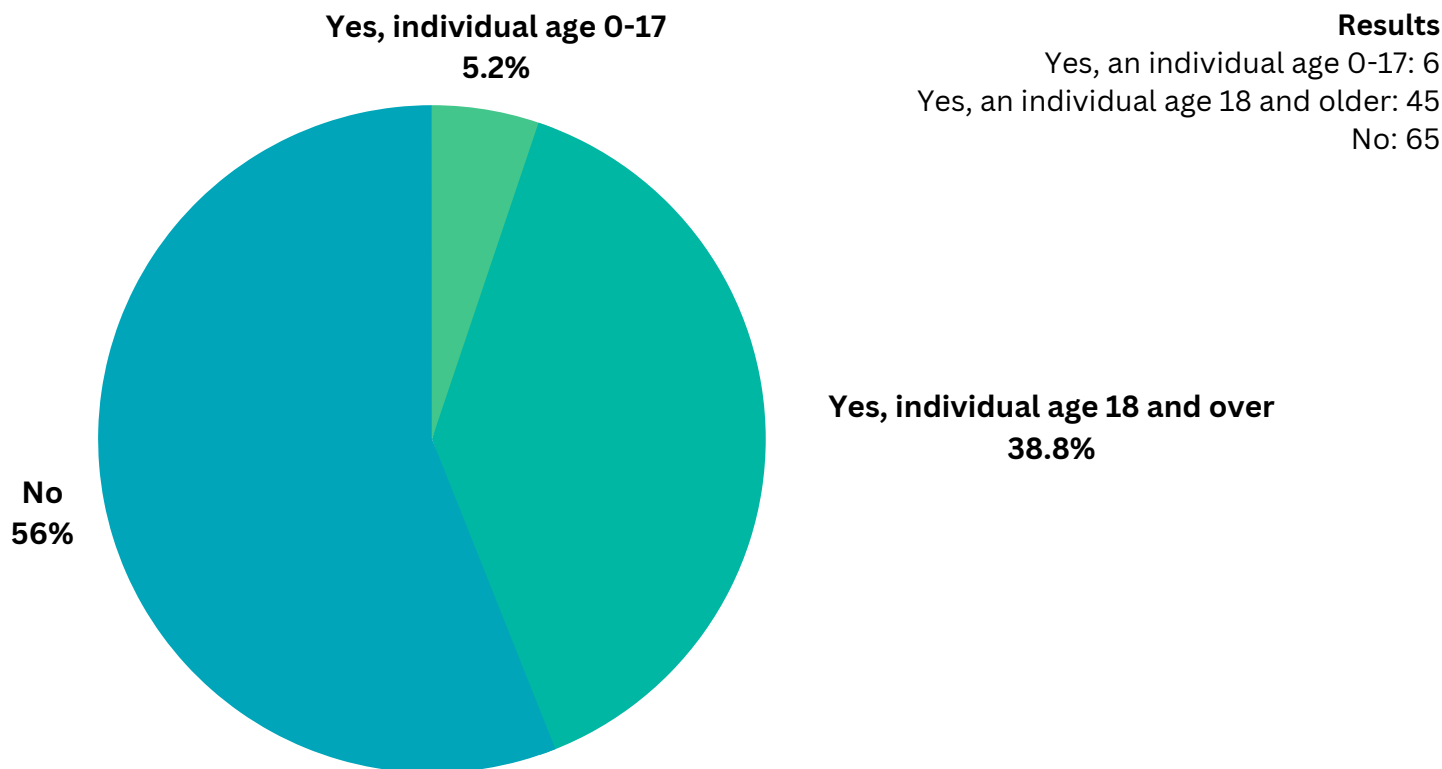


## 26. What type of health insurance do you currently have?

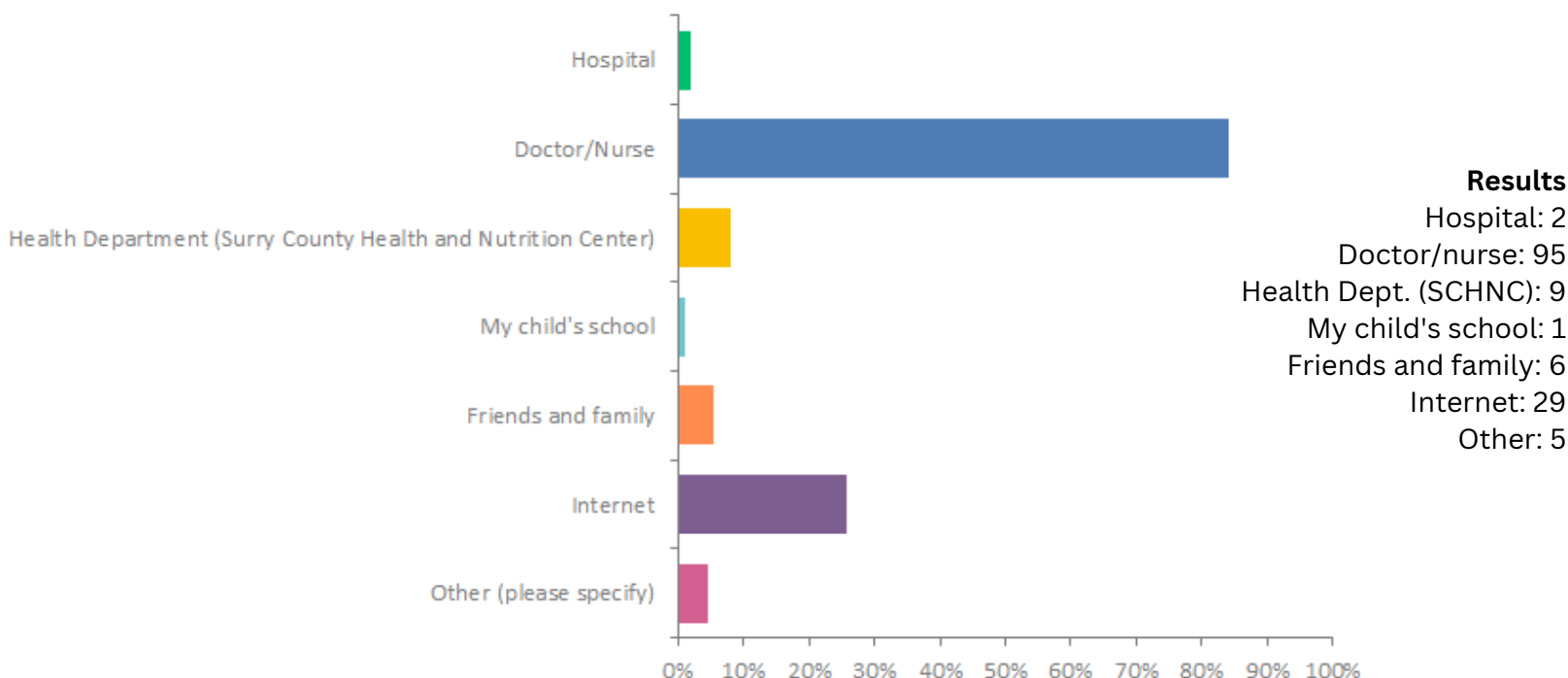




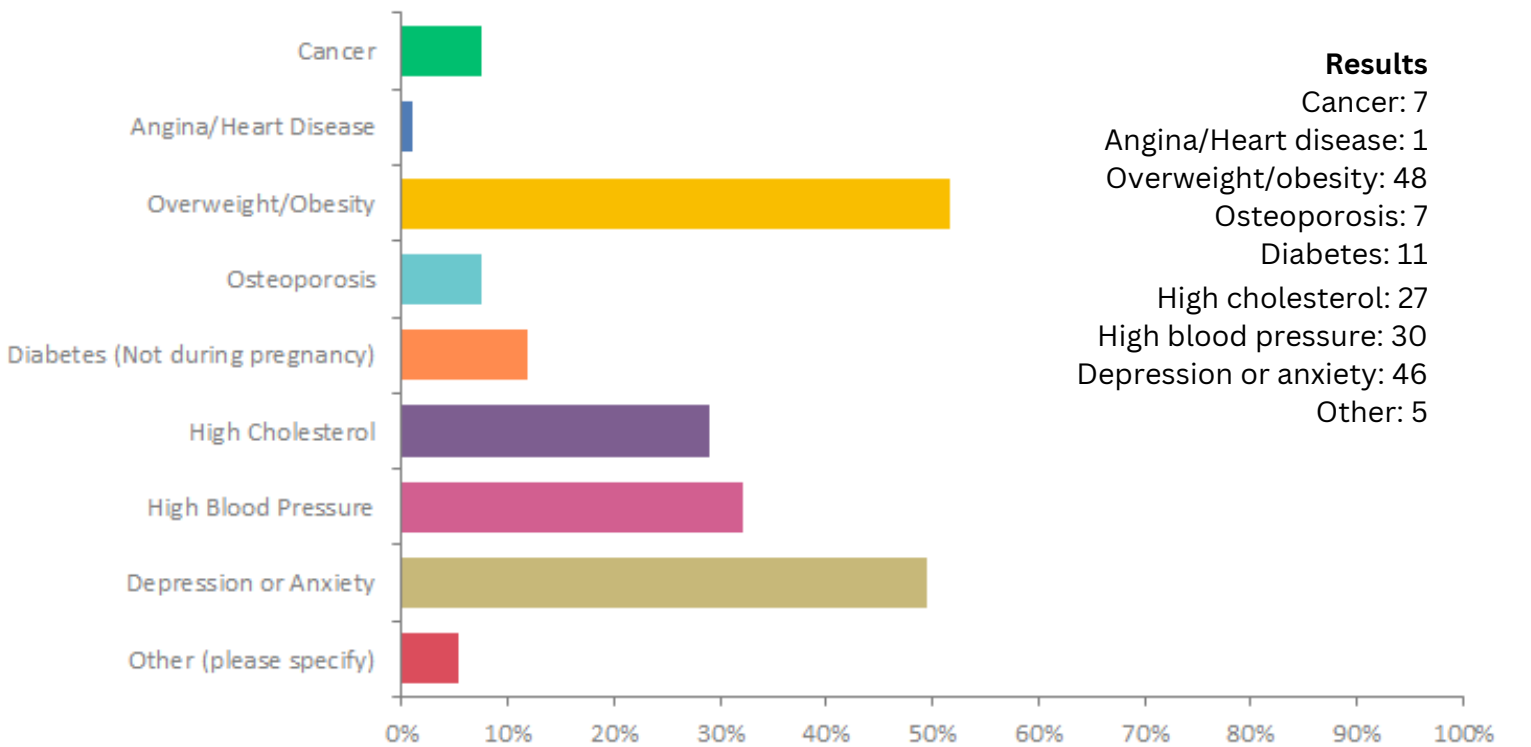
**27. Do you or anyone in your household have a chronic condition or special health care need, diagnosed or undiagnosed (physical, medical, intellectual, developmental, emotional or behavioral)? Check all that apply**



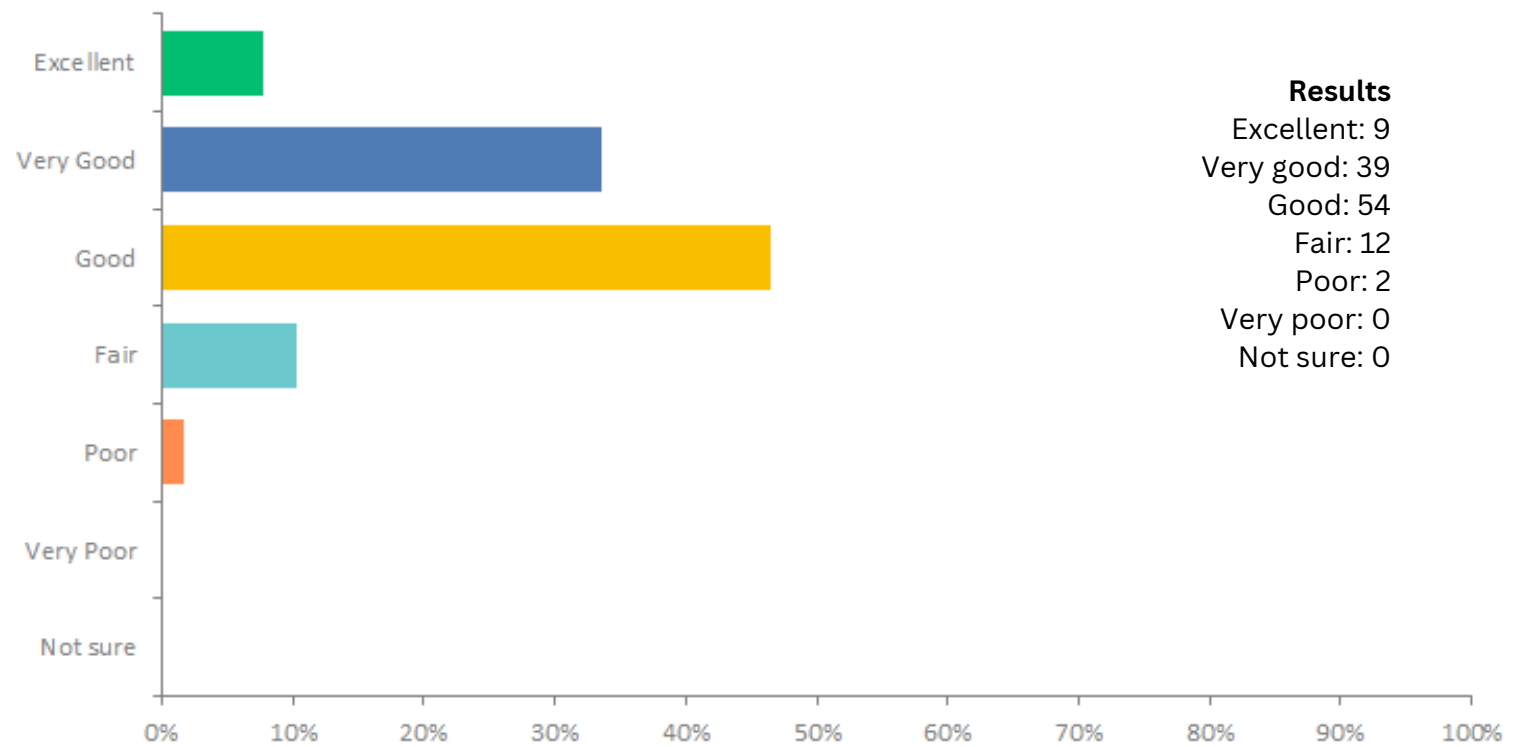
**28. Where do you get most of your health-related information? Please check one.**



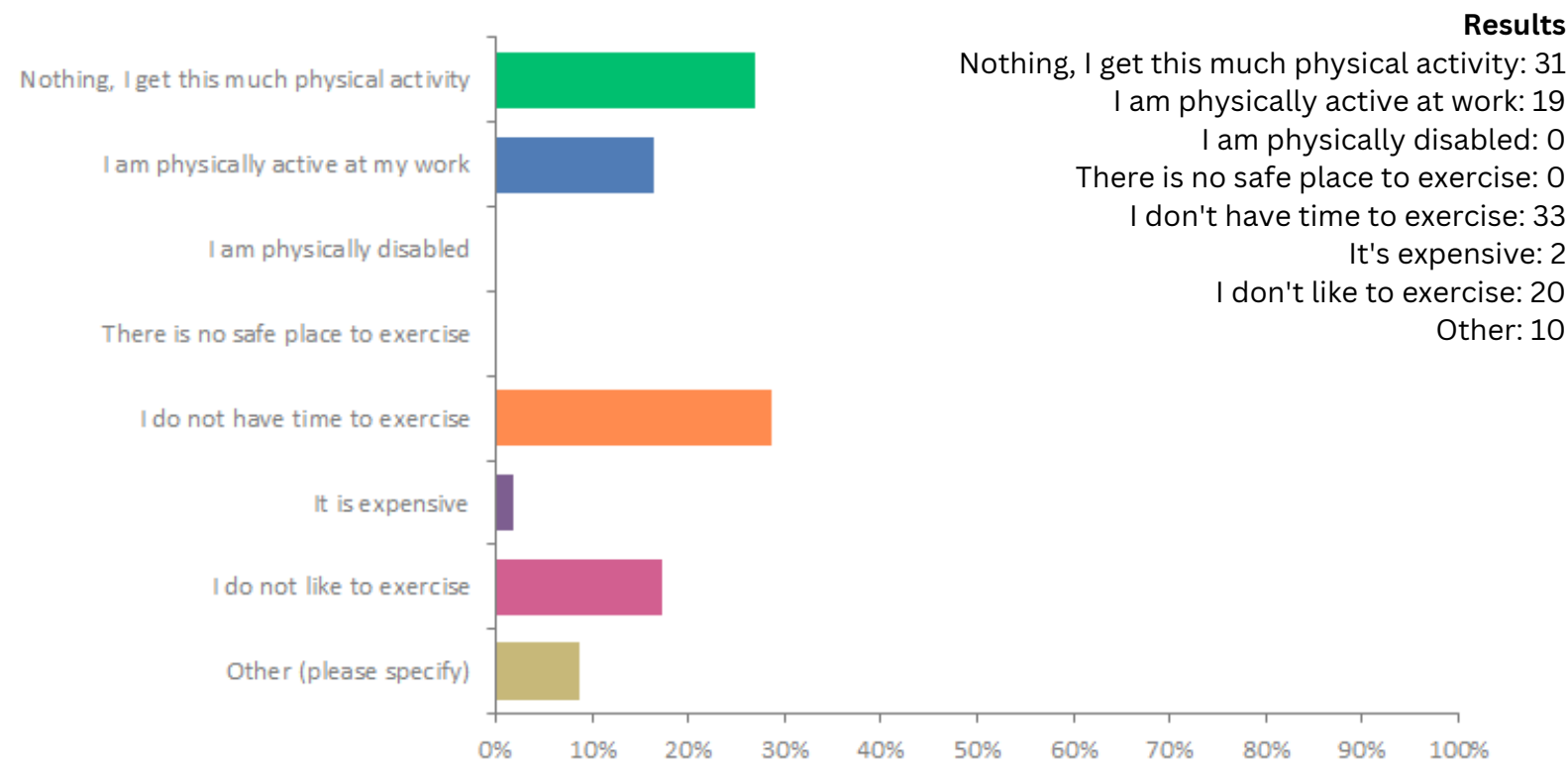
**29. Have you been told by a doctor, nurse, or other health care professional that you have any of the following health conditions? Please check all that apply.**



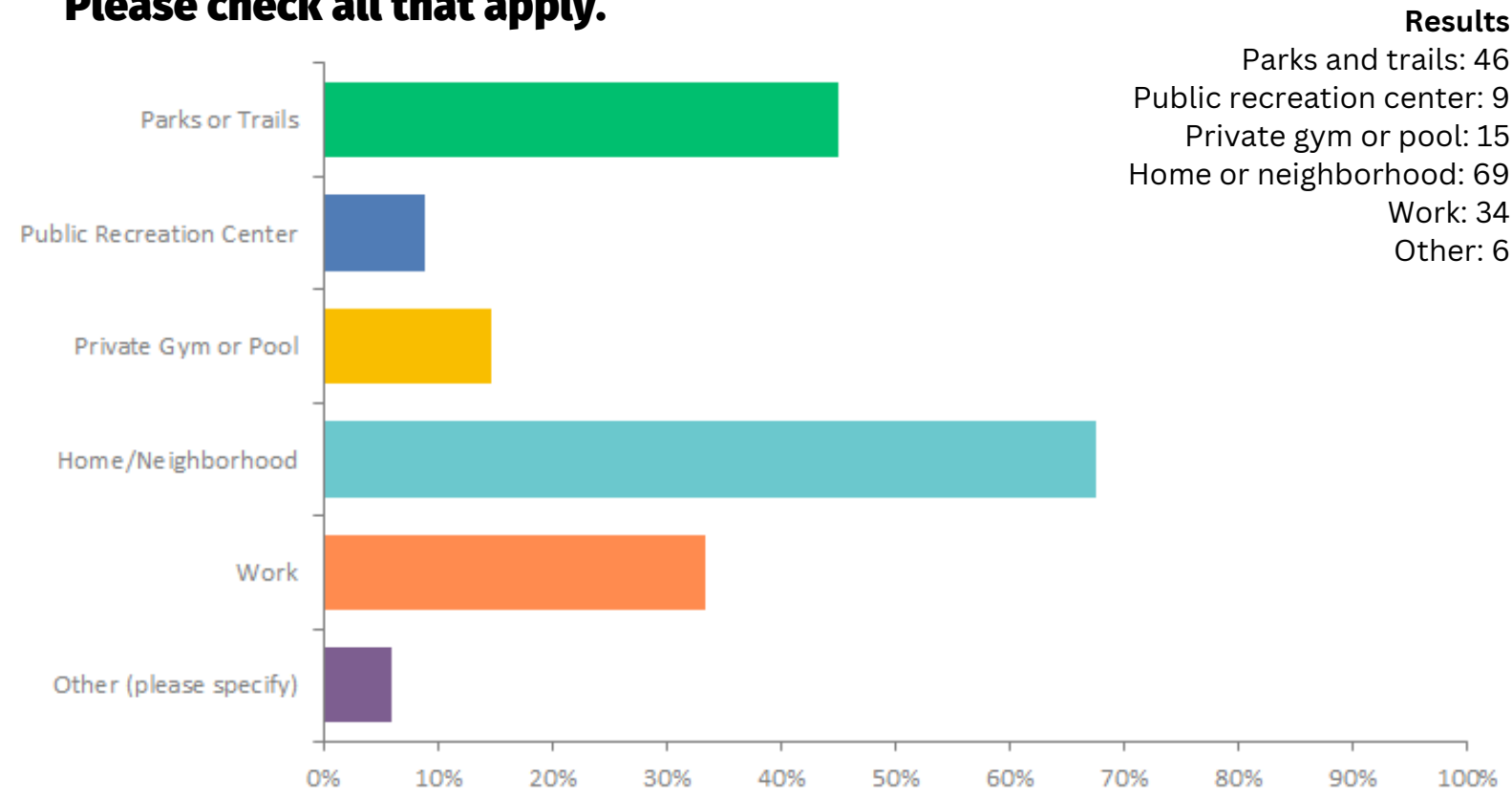
**30. Would you say that, in general, your health is: Please check one**



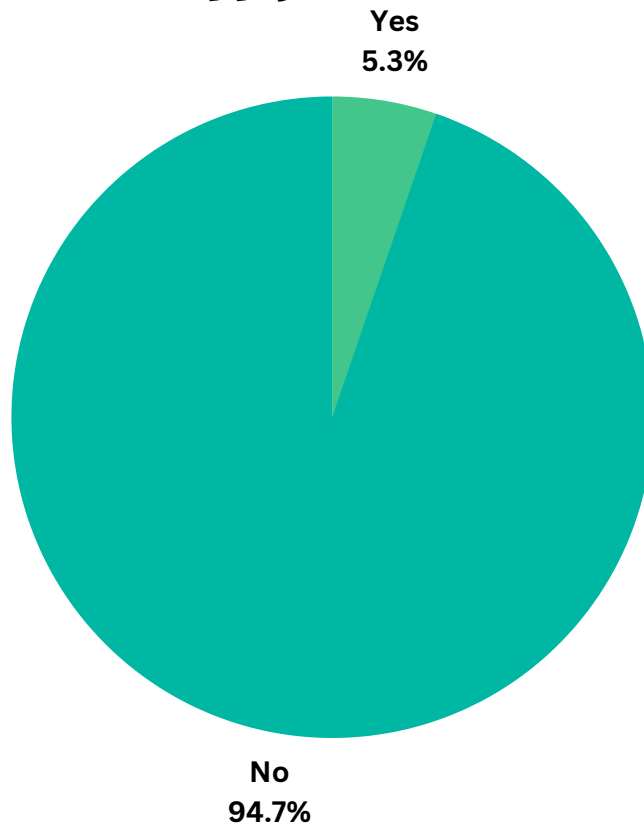
**31. The recommendation for physical activity is 30 minutes a day, 5 days a week (2.5 hours per week). Please choose the main reason keeping you from getting this much physical activity. Please check one.**



**32. Where do you go to exercise or engage in physical activity? Please check all that apply.**

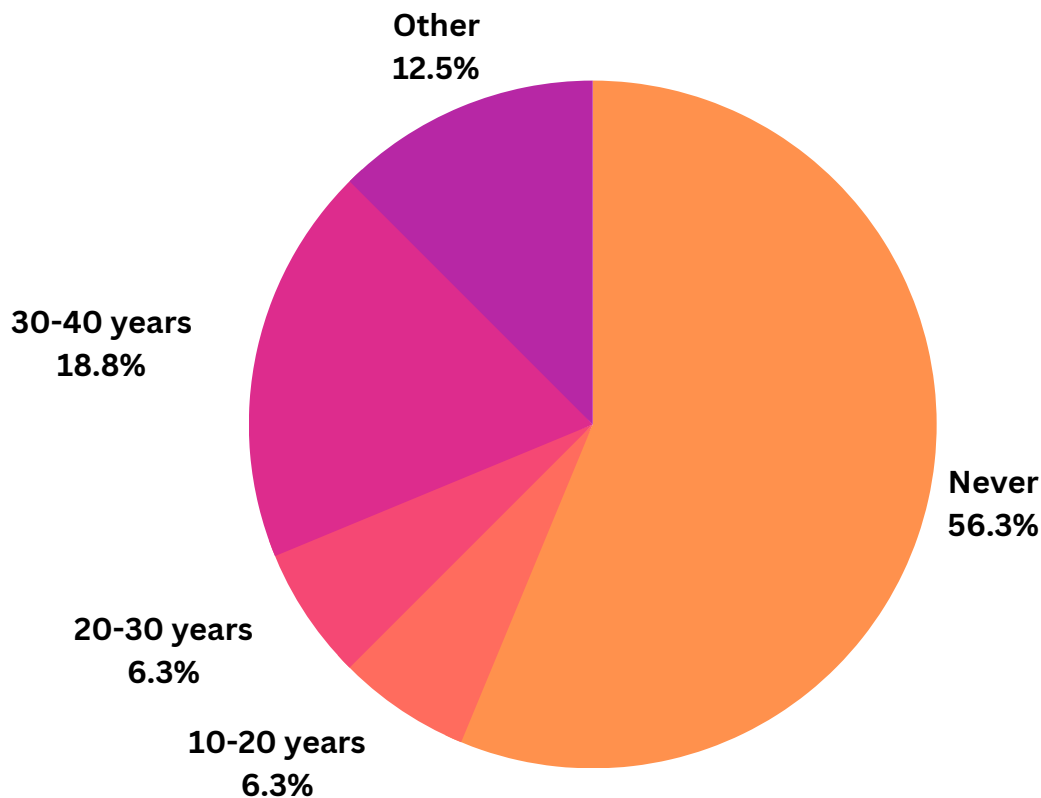


**33. Where do you go to exercise or engage in physical activity?**  
**Please check all that apply.**



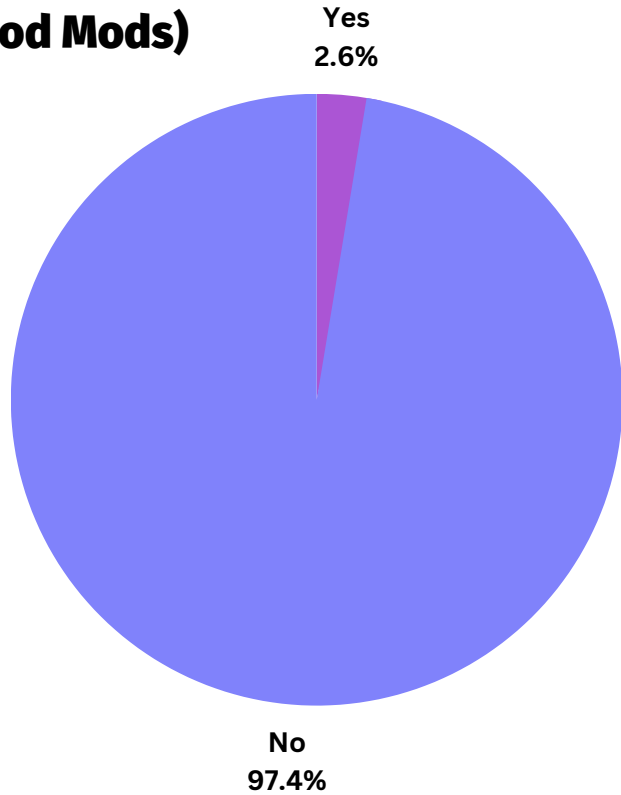
**Result**  
Yes: 6  
No: 108

**34. How many years have you smoked cigarettes?**



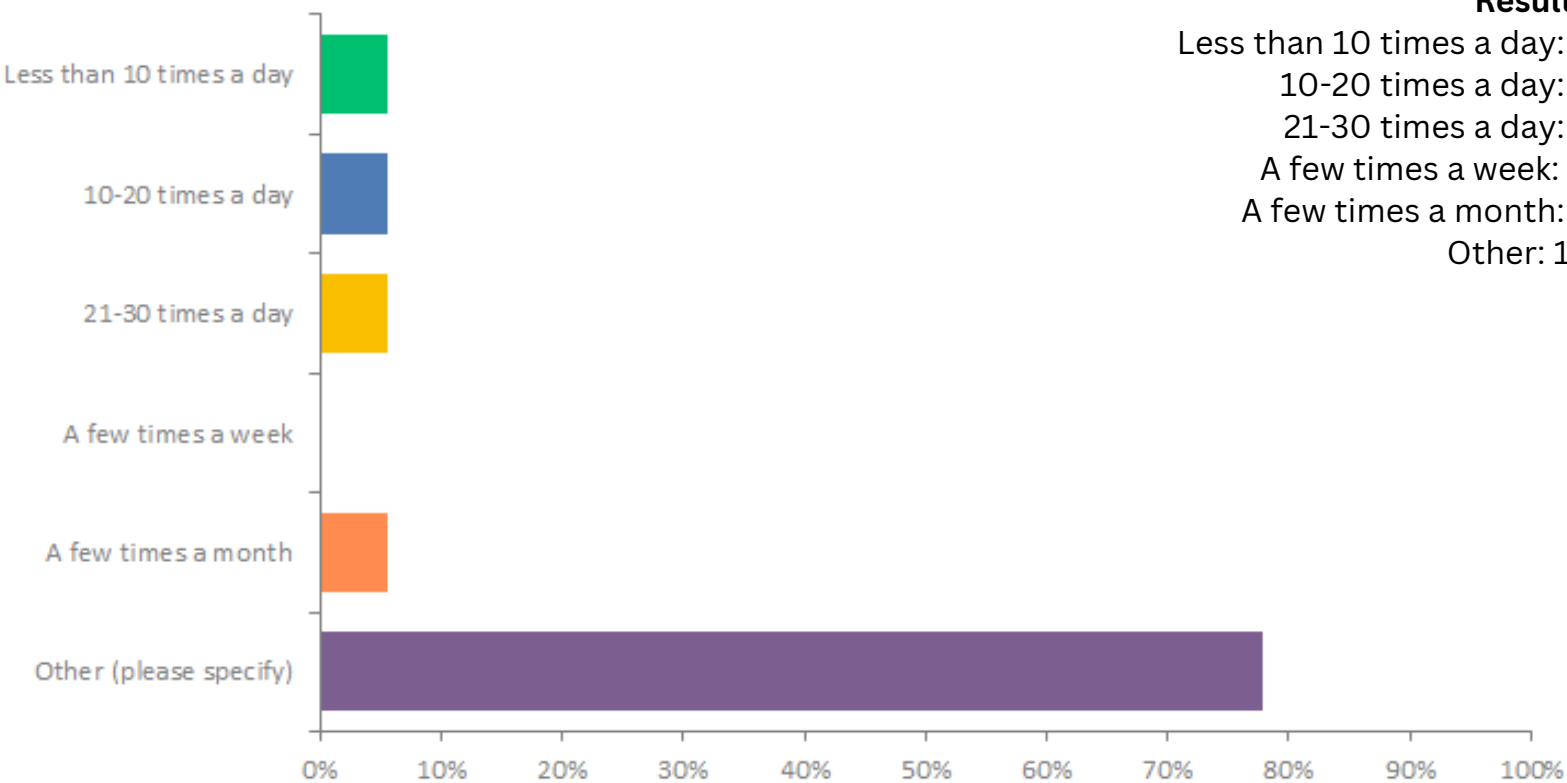
**Results**  
Never: 9  
1-10 years: 0  
10-20 years: 1  
20-30 years: 1  
30-40 years: 3  
Other: 2

### 35. Do you currently use vaping products? (Ex. E-Cigs, Vape Pens, Mods, Pod Mods)



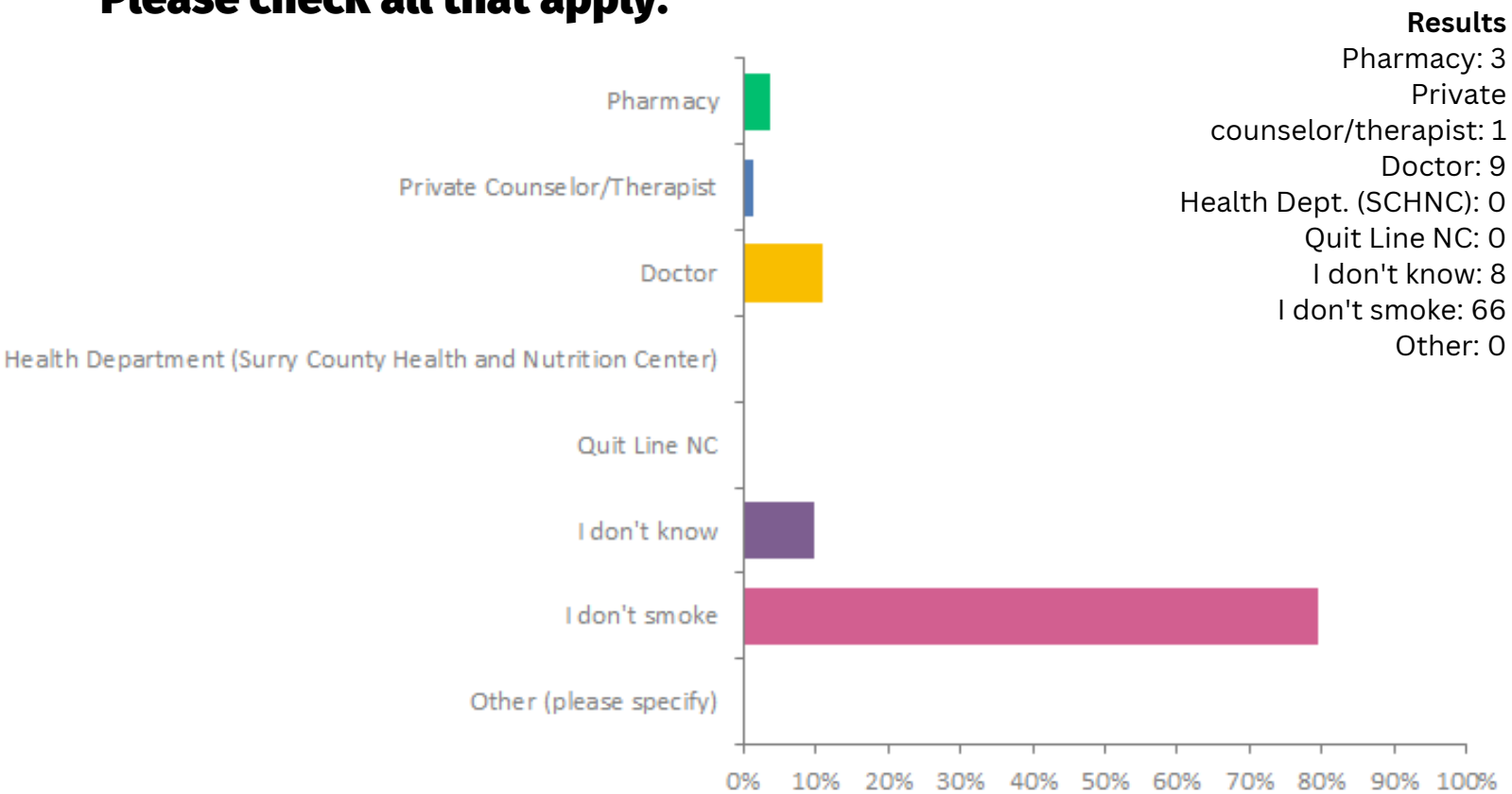
**Results**  
Yes: 3  
No: 112

### 36. How often do you vape?

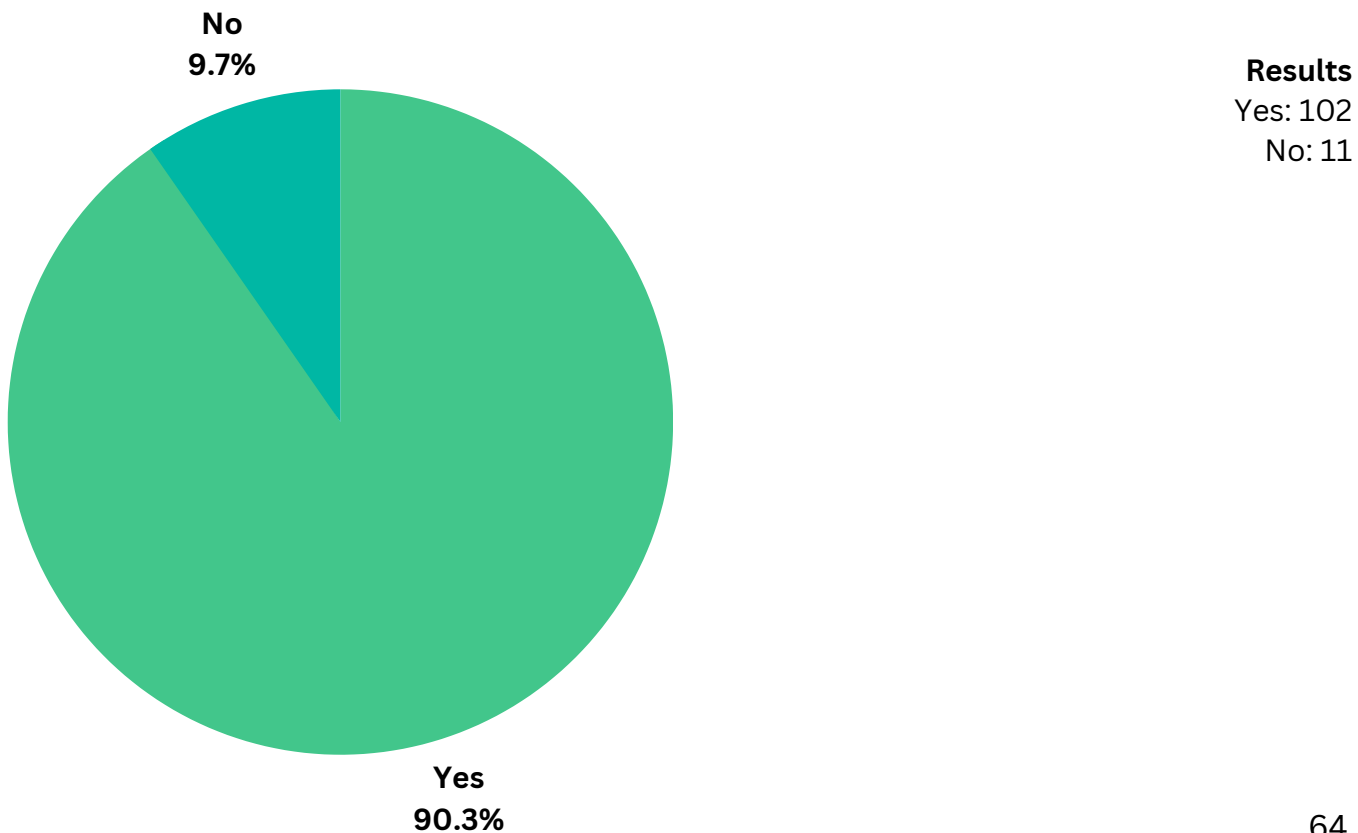


**Results**  
Less than 10 times a day: 1  
10-20 times a day: 1  
21-30 times a day: 1  
A few times a week: 0  
A few times a month: 1  
Other: 14

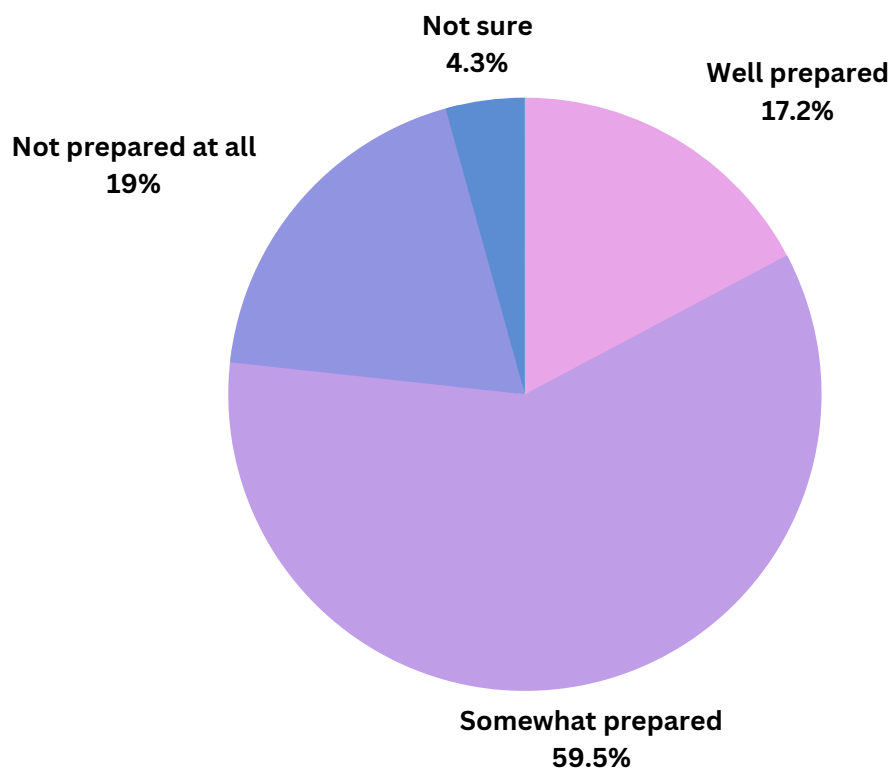
**37. Where would you go if you wanted to quit smoking/vaping?  
Please check all that apply.**



**38. Do you support tobacco-free environments, such as restaurants, workplaces, community colleges, and other public areas?**

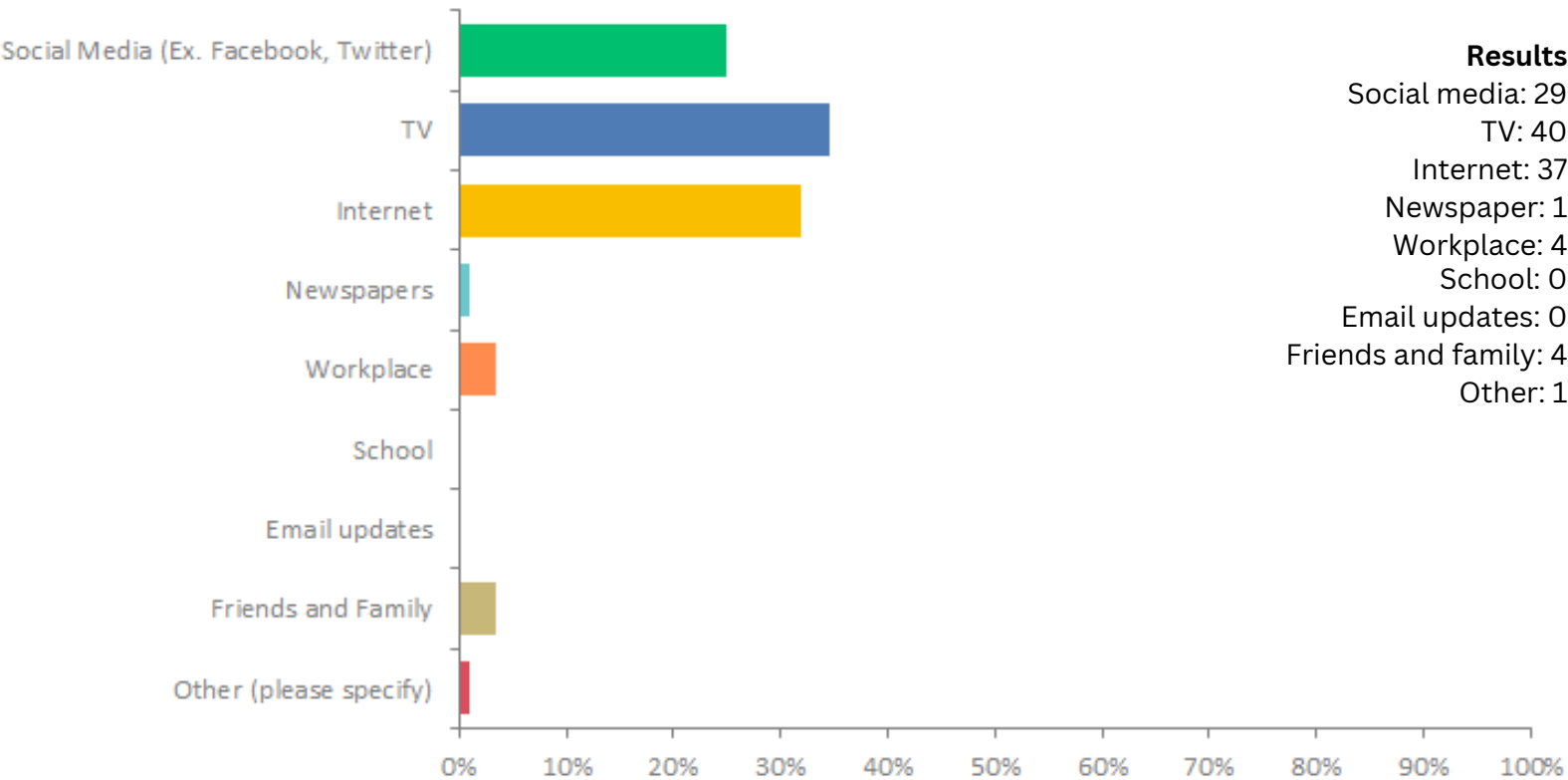


39. How prepared do you feel your household is to handle a large-scale disaster or emergency?



**Results**  
Well prepared: 20  
Somewhat prepared: 69  
Not prepared at all: 22  
Not sure: 5

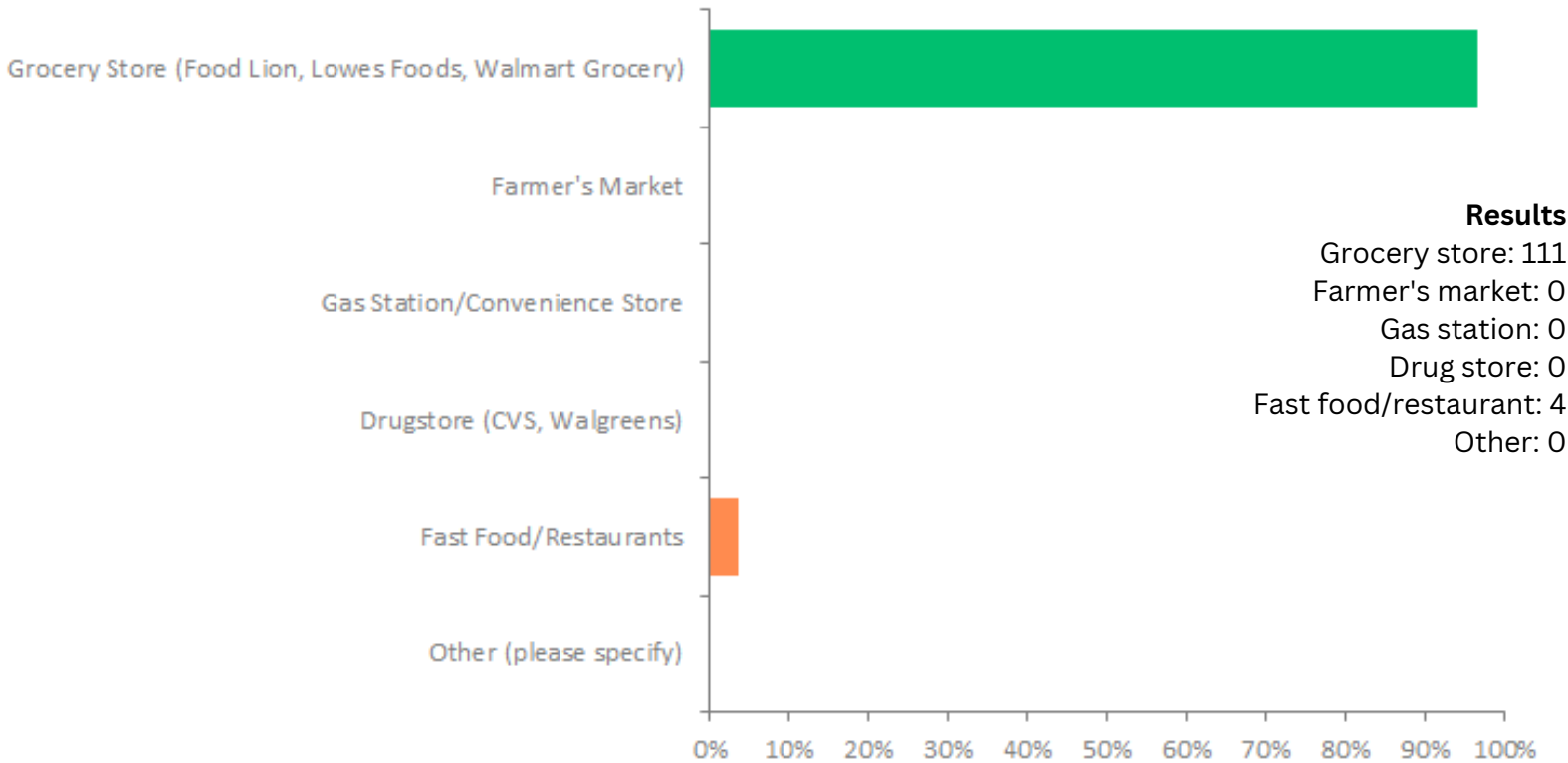
40. Where do you first go to find out about local news or events?  
Please check one.



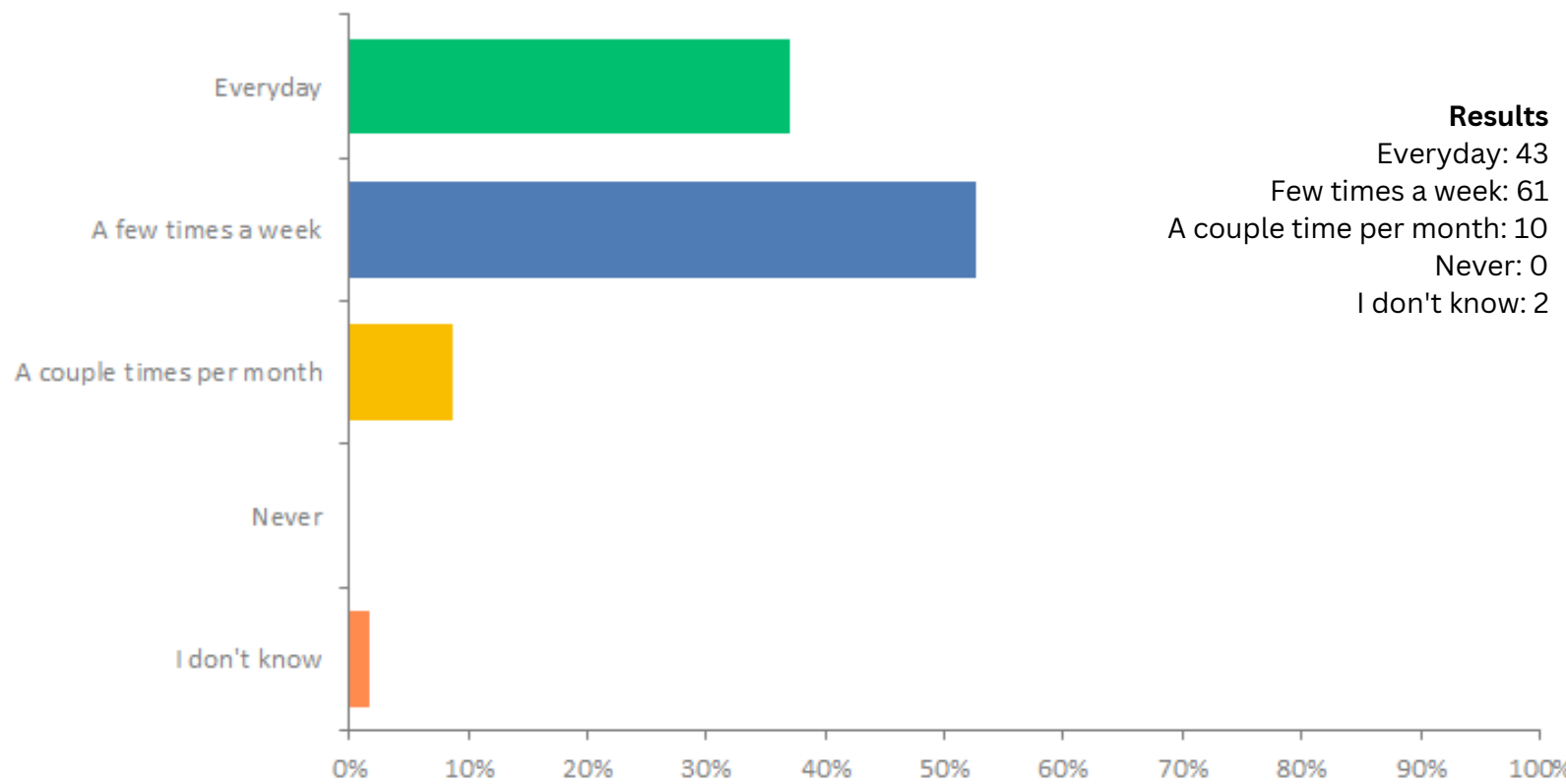
**Results**  
Social media: 29  
TV: 40  
Internet: 37  
Newspaper: 1  
Workplace: 4  
School: 0  
Email updates: 0  
Friends and family: 4  
Other: 1



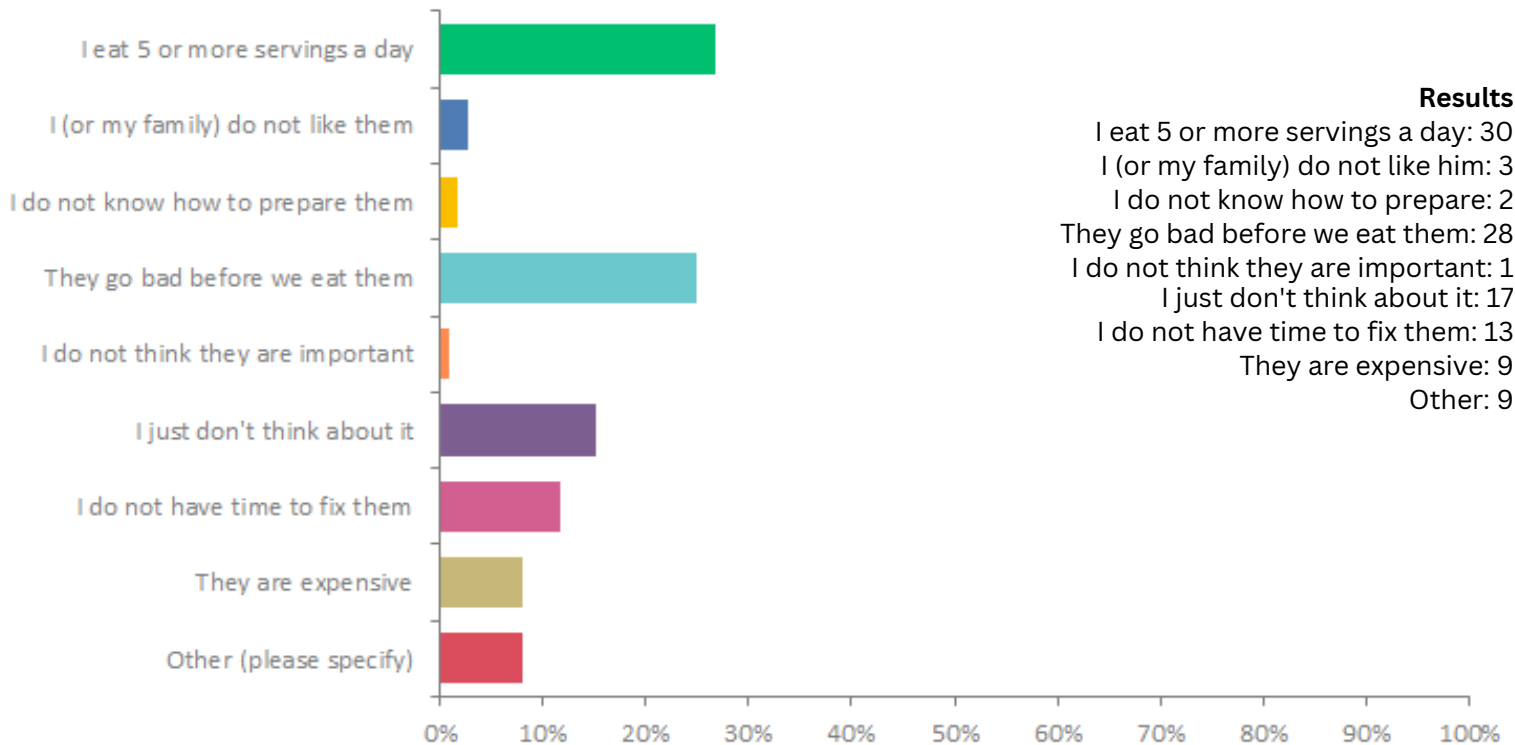
41. Where do you buy most of your food? Please check one.



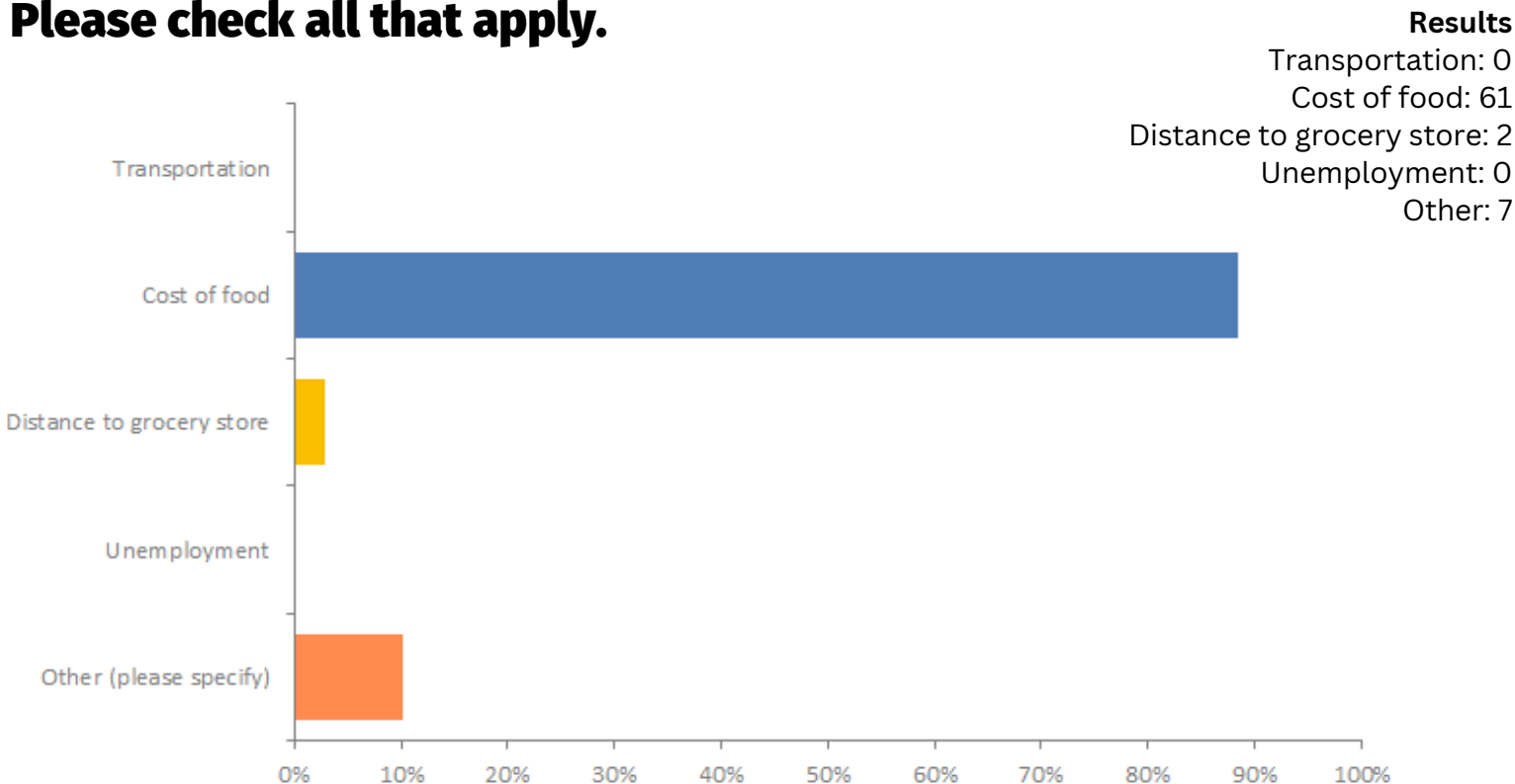
42. How often do you eat fresh fruits and vegetables? Please check one.



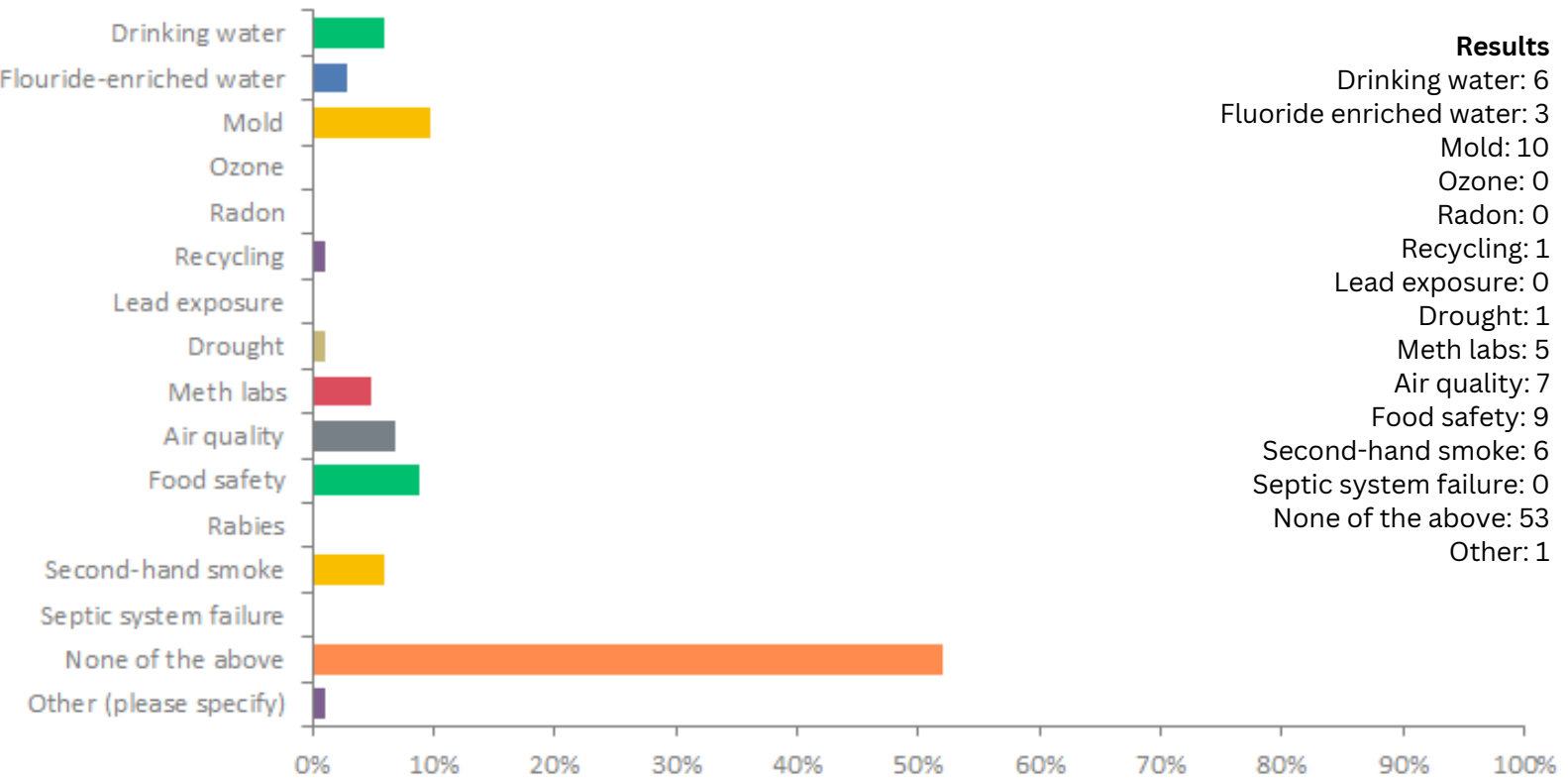
**43. One recommendation for healthy eating is to eat at least 5 servings of fruits and vegetables a day (not french-fries or potato chips). Please choose the main reason that keeps you from eating this way? Choose one.**



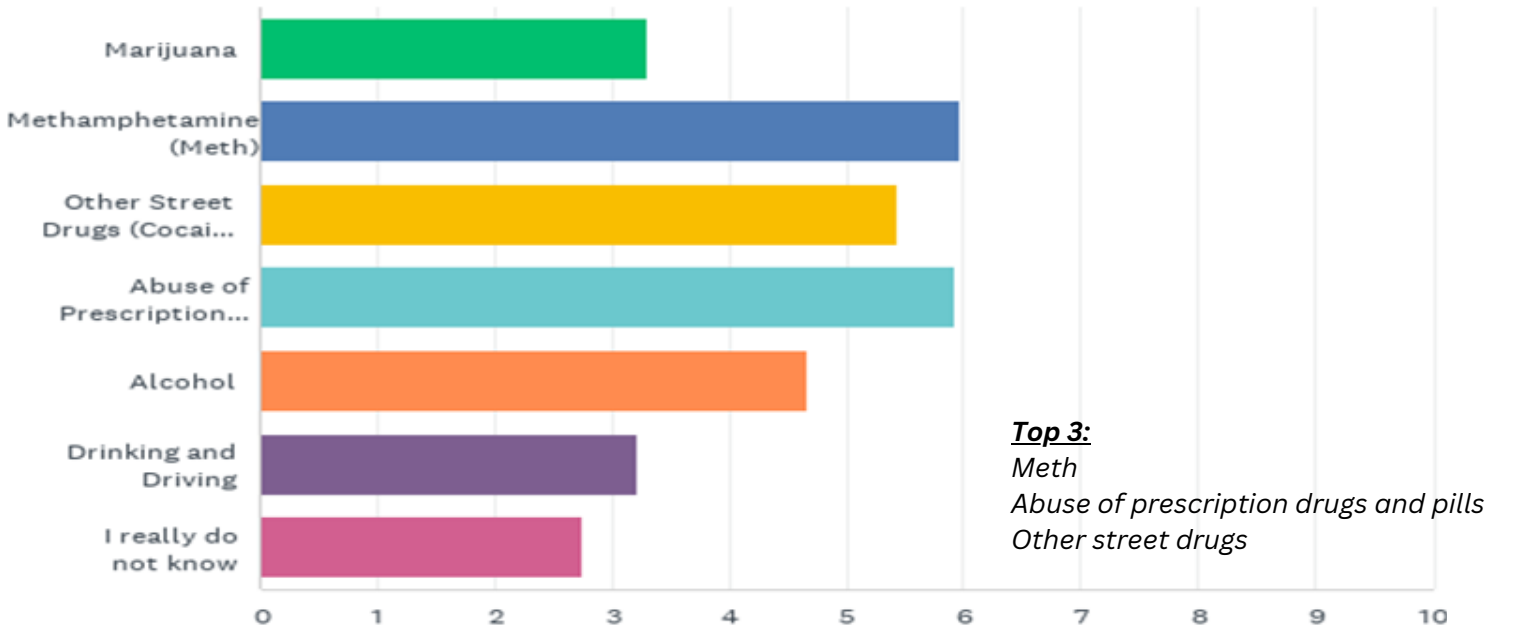
**44. Which of the following makes it hard for you to buy food? Please check all that apply.**



45. Which of the following Surry County Environmental Health Concerns do you believe most affects your health? Please choose one.

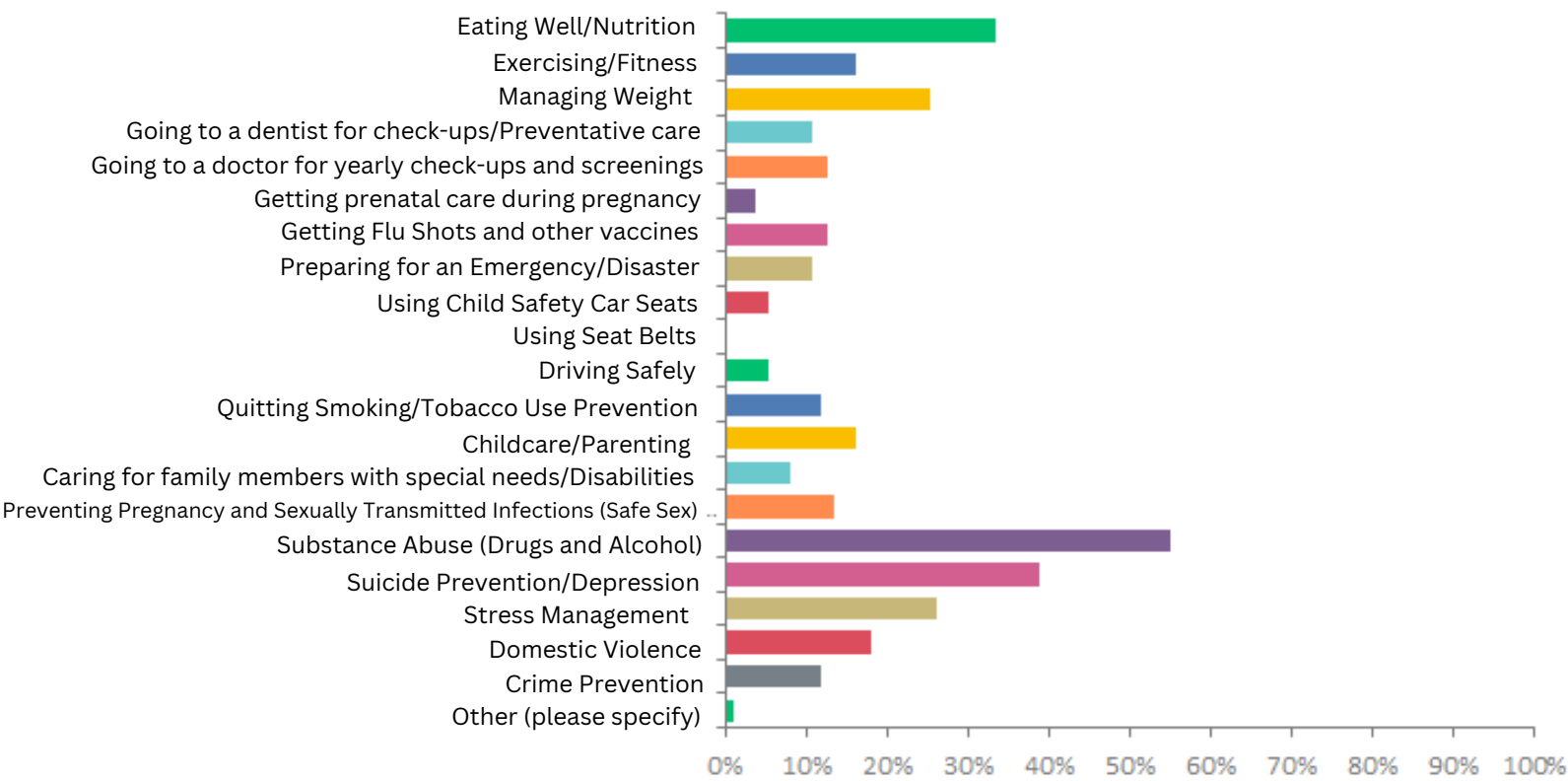


46. What are the top 3 biggest Substance Abuse problems in Surry County? Rank 1 to 3, with 1 being the biggest problem.

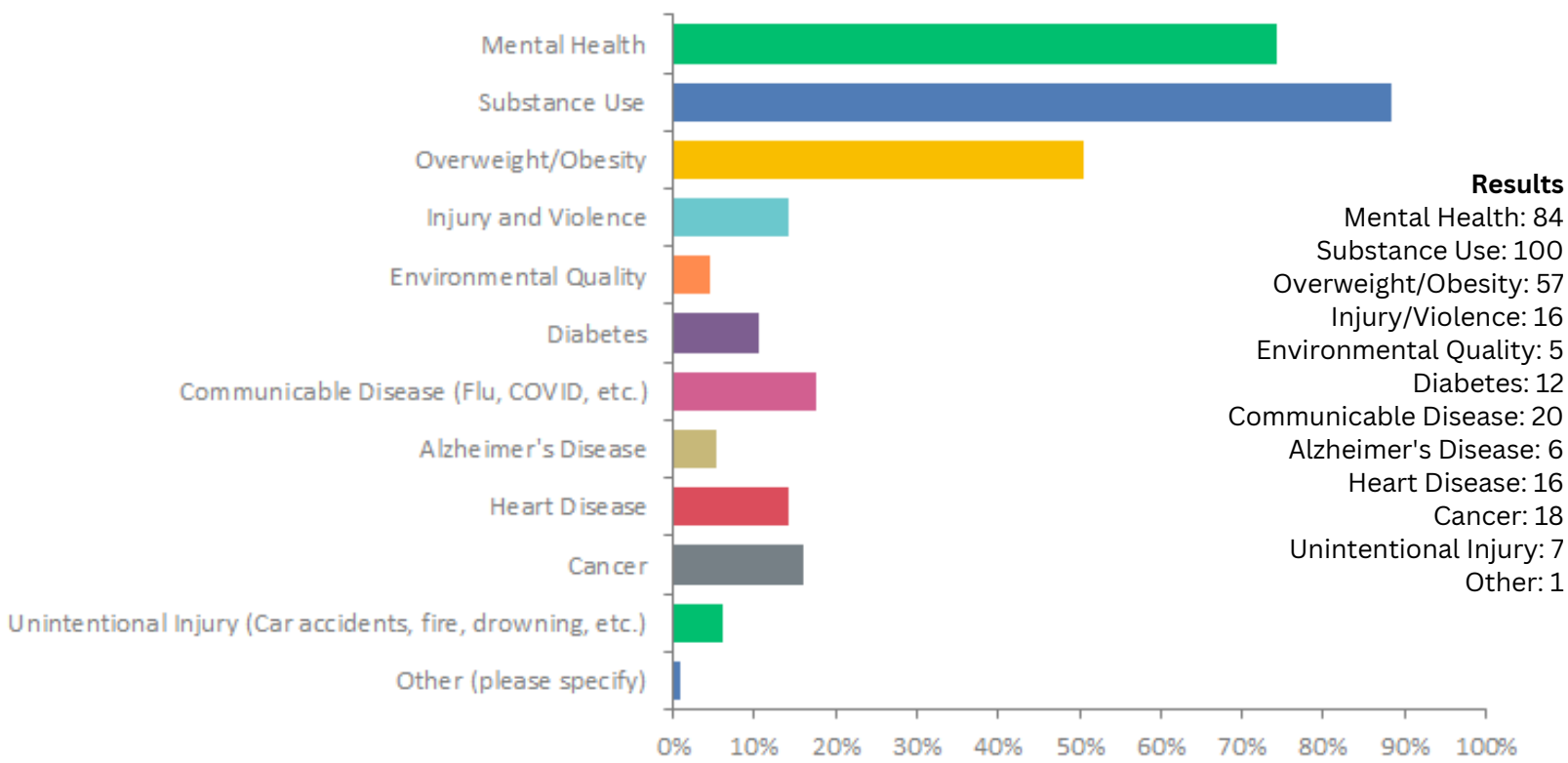


**Results**  
Marijuana: 3  
Meth: 41  
Other street drugs (cocaine, heroin): 17  
Abuse of prescription drugs/pills: 35  
Alcohol: 7  
Drinking and driving: 0  
I really don't know: 8

**47. In your opinion, which top 3 health behaviors do people in your community need more information about? Please check your top 3.**



48. In your opinion, what are Surry County's top 3 Health Issues?  
Please select 3.



# COMMUNITY RESOURCES

The following pages contain a number of lists that contain a variety of resources available to the residents of Surry County. There are multiple key partners listed in the following pages, displaying the importance of engagement and interoperability between the various public agency jurisdictions, as well as the extensive and vital role that non-governmental organizations in the private sector play.

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# Counseling & Therapy

Resource Name	Phone	Address/ Website	Office Hours	Services
Partners Behavioral Health Management	877-864-1454	200 Elkin Business Park Dr Elkin, NC, 28621 <a href="https://www.partnersbhm.org/">https://www.partnersbhm.org/</a>	M-F, 8am-5pm (See "Crisis Assistance" for 24/7 information)	Mental health services; substance use services, developmental disorder services; Also see "Crisis Assistance"
Elkin Valley Child Family Counseling	336-835-2885	112 Church St #A Elkin, NC 28621		Mental health services; pediatric behavioral services; family counseling
GriefShare Support Group	800-395-5755	Multiple locations based on groups <a href="https://www.griefshare.org/findagroup">https://www.griefshare.org/findagroup</a>		Grief support group; grief and bereavement resources
Hope Valley	Men's Services: 336-386-8511  Women's Services: 336-368-2427	105 County Home Rd Dobson, NC, 27017 <a href="https://hopevalleytreatment.org/">https://hopevalleytreatment.org/</a>	M-F, 8am-5pm	Case management, substance use rehabilitation
Michael McColloch, PHD	336-786-8023	1346 Ashley Square Winston Salem, NC 27103		Family and marital counseling; psychological testing
Professional Assessment	336-835-3968	110 Church St Elkin, NC 28621		Mental health services, substance use services
YVEDDI - Surry County Domestic Violence and Sexual Assault	Administrative Line: 336-443-4030  Crisis Line: 336-356-2014	124 West Kapp St Dobson, NC 27017 <a href="https://yveddi.com/domestic-violence-programs/">https://yveddi.com/domestic-violence-programs/</a>	M-F, 8am-4:30pm	Domestic Violence and Sexual Assault referrals, services, crisis services, and post-incident services.
Serenity Counseling/ Consulting	336-710-1321	129 W Main St Pilot Mountain, NC 27041 <a href="http://serenitycounseling.net/index.html">http://serenitycounseling.net/index.html</a>	M-F, hours vary by appointment	Mental health services, substance use services (adolescent and adult), anger management
Daymark Recovery Services	336-783-6919  Crisis Hotline 866-275-9552	940 West Lebanon St Mount Airy, NC, 27030  <a href="https://www.daymarkrecovery.org/index.php">https://www.daymarkrecovery.org/index.php</a>	M-F, 8am-5pm	Provides comprehensive behavioral healthcare services based on community need to include substance abuse services. Offers group meeting.
Behavioral Services	336-719-1686	2342 South Main St Mount Airy, NC, 27030	M-F, 8am-5pm	Committed to providing individualized services that meet the specific needs of each consumer.
Riverwood Therapeutic Riding Center	336-922-6426	6825 Rolling View Dr Tobaccoville,, NC, 27050	M-Sa, 11am-6pm	Non-profit charity that serves individuals with special needs in North Carolina.
Elkin Valley Child-Family Counseling LLC	336-835-2885	112 Church St #A Elkin, NC, 28621		Provides family, marital and domestic violence counseling.
Surry Christian Counseling Center	336-789-7405	364 Welch Rd Mount Airy, NC, 27030 <a href="https://christiancounseling.org/locations/">https://christiancounseling.org/locations/</a>		Surry Christian Counseling Center
Carter Center for Counseling	336-874-8220	974 Pleasant Ridge Rd. Elkin, NC, 28621		Counseling services
Jodi Province Counseling Services	336-818-0733	189 Samaritans Ridge Rd Elkin, NC, 28621 <a href="https://www.jodiprovincecs.com/">https://www.jodiprovincecs.com/</a>	M-F, 8am-5pm	Behavioral health services, trauma informed care, substance use services



# Counseling & Therapy

Resource Name	Phone	Address/ Website	Office Hours	Services
Insight Transformation Center	(336) 443-4121	109 W Atkins St. Dobson, NC, 27017  <a href="https://www.insighttransformationcenter.com/">https://www.insighttransformationcenter.com/</a>		Counseling services, all ages
Atrium Health CareNet	336-786-1922	131 W Lebanon St Mount Airy, NC, 27030	M-F, 8am-5pm	Eligibility: no physician referral needed, fee adjustments based on personal financial needs.
Choose Life	336-926-2293	113 N Crutchfield St Dobson, NC, 27017	M-Th 8am-9pm F 8am-6pm Sa 1-8pm Su 2-6:30pm	
Atrium Health MHS	336-716-4551	791 Jonestown Rd Winston Salem NC, 27103	M-F, 8am-5pm	
Surry Christian Counseling Center	36-789-7405	364 Welch Rd Mount Airy, NC, 27030	M-F, 8am-5pm	Provide comprehensive counseling and psychological services to children, adolescents, adults, couples, and families.

# Crisis Assistance

Resource Name	Phone	Address/ Website	Office Hours	Services
Daymark Mobile Crisis Management Services	1-877-492-2785	Daymark Dispatch Center (Iredell, Surry and Yadkin) <a href="https://www.daymarkrecovery.org">https://www.daymarkrecovery.org</a>	24/7	Respond and stabilize mental health developmental disability and/or substance abuse emergency. Will be asked to provide relevant insurance information, but will not be charged for the service.
YVEDDI - Surry County Domestic Violence and Sexual Assault	Administrative Line: 336-443-4030  Crisis Line: 336-356-2014	124 West Kapp St Dobson, NC 27017 <a href="https://yveddi.com/domesic-violence-programs/">https://yveddi.com/domesic-violence-programs/</a>	24/7	Domestic Violence and Sexual Assault referrals, services, crisis services, and post-incident services.
DSS Food Stamp Program	336-401-8700	118 Hamby Rd Dobson, NC 27017 <a href="https://www.co.surry.nc.us/departments/(k_through_z)/social_services/epass.php">https://www.co.surry.nc.us/departments/(k_through_z)/social_services/epass.php</a>	M-F, 8:15am-5pm	Bring proof of residence with current address, birth certificates and social security cards of everyone in the home, bank statements and proof of income for the previous month. Any utilities, monthly medicine bills, monthly doctor bills, income tax records, and proof of child support (paying or receiving).
Fifth Street Ministries	704-872-4045	1421 5th St Statesville, NC, 28677 <a href="https://www.fifthstreetministries.com/">https://www.fifthstreetministries.com/</a>	24/7	Emergency Housing/Shelter
First Baptist Church – Friends Feeding Friends	336-786-5185	714 N. Main St Mount Airy, NC 27030 <a href="https://fbcmountairy.org/get-connected/friends-feeding-friends/">https://fbcmountairy.org/get-connected/friends-feeding-friends/</a>	Free meals Th 5:30pm-6:00pm	Eligibility: None
Daymark Mobile Crisis Management Services	1-877-492-2785	Daymark Dispatch Center (Iredell, Surry and Yadkin) <a href="https://www.daymarkrecovery.org/">https://www.daymarkrecovery.org/</a>	24/7	Respond and stabilize mental health developmental disability and/or substance abuse emergency. Will be asked to provide relevant insurance information, but will not be charged for the service.
Foothills Food Pantry	336-386-8405	233 Cooper St Dobson, NC, 27017	M, 6-7pm Tu & Th, 9am-12pm	Must have proof of income for the home, picture ID, social security card for each family member in the home, proof that client lives in Surry County. Any normal monthly bills (ex. Rent, power, phone, cable, doctor bills, prescription medicine bills).
Habitat for Humanity	336-786-4663	217 S South St. Mount Airy, NC, 27030	M-F, 10am-5am Sa, 10am-3pm	Retail thrift store. Clothing and items can often be found for a low cost.
Haymore Memorial Baptist Church	336-786-7435	319 Rockford St Mount Airy, NC 27030	Thursday 9:00am-12:00pm	Free food and clothes pantry
Miracle Waters Worship Center – Food Ministry	336-429-9827	348 Triple R Dr Mount Airy, NC 27030		
Partners Behavioral Health Management	1-888-235-HOPE (4673)		24/7	Help with mental health, substance abuse, intellectual/developmental disabilities.

# Crisis Assistance

Resource Name	Phone	Address/ Website	Office Hours	Services
Pilot Mountain Outreach	Food Pantry: 336-368-4907  Store: 336-368-4949	407 E 52 Bypass Pilot Mountain, NC, 27041 <a href="https://pilotmountainoutreach.wixsite.com/outreach">https://pilotmountainoutreach.wixsite.com/outreach</a>	Food Pantry: Tu-Th, 9am-12:30pm	Services: Food pantry assistance is available every 2 months; store items for sale to fund pantry. Eligibility: Social Security Cards of everyone in home, Picture ID, Proof of physical address. If you have an EBT card- bring proof of amount of EBT. List of monthly bills.
Salvation Army	336-786-4075	651 South St Mount Airy, NC, 27030	M-Th, 9am-12pm, 1pm-4pm F, 9am-12pm	Rent & Utilities Emergency Assistance, Clothing and Furniture Vouchers, Christmas Assistance, Disaster Relief
Salvation Army Family Store	336-786-9253	220 Fredrick St, Suite 200 Mount Airy, NC, 27030	M-F 9am-5pm	Provides food and clothing. Eligibility: Vouchers received from Salvation Army Church
SEAMS Ministries	336-368-4949	317c E 52 Bypass Pilot Mountain, NC, 27041	Food Pantry: M, Tu, Th, & F 9am-12pm	Meeting short-term needs, working towards long term solutions. Assistance to include food, clothing, utilities, fuel assistance and medical needs assistance such as referrals. Eligibility: Bring picture ID, Social Security cards for each person living in the household, bill/letter with current address on it, food stamp card, proof of income and list of household expenses (rent, electricity, insurance, food, etc.)
Surry Yadkin Electric Company	336-356-8241	510 South Main St Dobson, NC, 27017 <a href="https://www.syemc.com/operation-round">https://www.syemc.com/operation-round</a>	M-F, 8am-5pm	Round Up Program; assists with housing fires and catastrophic illnesses.
The Ark/ Echo Ministry	336-527-1637	130 Hill St Elkin, NC 28621 <a href="https://www.thearkelkin.org">https://www.thearkelkin.org</a>	24/7	Emergency housing for homeless families who are not victims of domestic violence. Eligibility: No couples unless married; no single men; accepts single father with children.
The Shepherd's House	336-786-1420	246 Spring St Mount Airy, NC, 27030 <a href="https://shepherdshousema.org/">https://shepherdshousema.org/</a>		Shelter for homeless families and single women who are not victims of domestic violence. Eligibility: No single men without children; will take single men with children.
Tri County Christian Crisis Ministries	336-526-1089	290 N Bridge St Elkin, NC, 28621 <a href="https://tric-ministry.com/">https://tric-ministry.com/</a>	M, 1pm-4pm We & F, 9am-12pm	Emergency food, clothing, power, water, medicine (must bring in prescription every 3 months, no more than 3 times a year), and some medical supplies for the residents of Jonesville, Elkin, Dobson, State Road and Rhonda. Eligibility: Must have a disconnect notice within 10 days
Trinity Episcopal Church	336-786-6067	472 North Main St Mount Airy, NC, 27030 <a href="https://www.trinitymtairy.com/">https://www.trinitymtairy.com/</a>	Food Pantry: Th, 8:30am-9:30am  Medical Equipment: Tu 10am-12pm Th, 3pm-5pm	Emergency food assistance pantry. Food stamp recipients can receive assistance once. Donated medical equipment also provided. Eligibility: Valid ID and proof of income

# Crisis Assistance

Resource Name	Phone	Address/ Website	Office Hours	Services
Yokefellow Co-Operative Ministry	336-789-5838	215 Jones School Rd Mount Airy, NC 27030	M-F 9am-11:15am	Assists with power and kerosene. To receive assistance the person must have a disconnect notice or be out/nearly out of kerosene, notice must be within 5 days. Help is only available on Wednesday mornings for power and utilities. Accepts the first 6 people only. Assists with medication, must bring a prescription. Assists with food 4 times in 2 years with 90 days between assistance. Eligibility: Must bring photo ID and social security card.
Stone's Throw Ministries	336-366-7591	103 Fellowship Way State Road, NC, 28676	M-F 9am-5pm	Provides assistance to individuals in a crisis situation with supplies, team approach to help community crisis situations. Distribution center contains supplies
Suicide and Crisis Lifeline	988	<a href="https://988lifeline.org/">https://988lifeline.org/</a>	24/7	Call, text, or visit online to chat.

# Daycares

Resource Name	Phone	Address/ Website	Office Hours	Services
A Grace Academy of Mt. Airy	336-789-7771	170 Hartway Ln Mount Airy, NC, 27030 <a href="http://www.graceacademychildcare.com/">http://www.graceacademychildcare.com/</a>	M-F, 6am-6pm	Ages 0-12
Amanda's Angels	336-648-1308	140 Saddle Crest Mount Airy, NC 27030		Ages 0-12
BH Tharrington Preschool	336-789-9046	315 Culbert St Mount Airy, NC, 27030		
Central Methodist Child Care	336-786-4416	1909 North Main Street Mount Airy, NC 27030		
Elkin Elementary Preschool	336-835-2756	135 Old Virginia Road Elkin, NC, 28621		
Jones Head Start	336-786-6155	215 Jones School Road Mount Airy, NC 27030		3-12
Kindercare Learning Center	Mt. Airy – Piedmont Triad West Dr. 336-786-6155  Mt. Airy – S South St. 336-719-0500  Mt. Airy – Riverside Dr. 336-719-0298  Elkin 336-835-7605  Dobson 336-386-8883	Mt. Airy – Piedmont Triad West Dr.: 203 Piedmont Triad West Dr  Mt. Airy – S South St: 41 S South St  Mt. Airy – Riverside Dr : 760 Riverside Dr  Elkin: 850 Johnson Ridge Rd  Dobson: 720 W Kapp St <a href="https://www.kindercare.com/">https://www.kindercare.com/</a>	M-F, 6am-6pm	6 weeks – 12 years
Lil Love Bugs	276-733-3949	181 Clyde Hayes Rd Lowgap, NC 27024		
Little Birds Child Care Home	336-835-1455	160 Newman St Elkin, NC 28621		
Little Folks Day Care	336-648-3801	159 Mahone St Mount Airy, NC, 27030		
Magical Moments Learning Academy	336-789-1332	122 Williamson Ave Mount Airy, NC, 27030		
Mount Pilot Child Enrichment Center	336-368-1020	132 Shoals Rd Pinnacle, NC, 27043		
Oak Grove Head Start	336-835-4248	453 Oak Grove Rd Elkin, NC, 28621		
Paynetown Head Start	336-786-7628	205 Marshall Farm Rd Mount Airy, NC, 27030		
Pleasant Hill Baptist Church Day Care	336-258-8070	650 NC Hwy 268 W Elkin, NC, 28621		
Rainbow Child Care Center	336-786-5588	412 Junction St Mount Airy, NC, 27030		
Red Hill Creek Head Start	336-352-4588	101 McMickles School Rd Dobson, NC, 27017		
Sharon Bledsoe's Child Care Home	336-366-2860	146 Promise Ln Dobson, NC, 27017		
South Main Children's Center	336-789-7030	338 E Pine St. Mount Airy, NC, 27030		

# Daycares

Resource Name	Phone	Address/ Website	Office Hours	Services
South Main Children's Center II	336-789-6840	1707 S Main St Mount Airy, NC, 27030		
Surry Head Start	336-367-7202	389 Jenkinstown Rd Dobson, NC, 27017		
Tiny Hands Child Care of Dobson	336-356-2244	721 S Main St Dobson, NC, 27017		
Twinkle Tots Child Care Home	336-356-2244	136 Johnson Ave Mount Airy, NC, 27030		
Vickie's Day Care Home	336-401-5259	196 Sugarbranch Rd Dobson, NC, 27017		
White Plains Baptist Childcare	336-786-9066	631 Old Hwy 601 Mount Airy, NC, 27030		

# Education

Resource Name	Phone	Address/ Website	Office Hours	Services
Elementary Schools				
Cedar Ridge Elementary	336-401-1475	734 Flippin Rd Lowgap, NC, 27024		Pre-K offered
Copeland Elementary	336-401-1475	948 Copeland School Rd Dobson, NC, 27017		Pre-K offered
Dobson Elementary	336-401-1475	400 W Atkins St Dobson, NC, 27017		Pre-K offered
Elkin Elementary	336-835-2756	135 Old Virginia Rd Elkin, NC, 28621		Pre-k offered
Flat Rock Elementary	336-401-1475	1539 E Pine St Mount Airy, NC, 27030		Pre-K offered
Franklin Elementary	336-401-1475	519 S Franklin Rd Mount Airy, NC, 27017		Pre-K offered
J.J. Jones Intermediate School	336-786-4131	2170 Riverside Dr Mount Airy, NC, 27030		
Mountain Park Elementary	336-401-1475	505 Mountain Park Rd State Road, NC, 28676		Pre-K offered
Pilot Mountain Elementary	336-401-1475	218 Friends St Pilot Mountain, NC, 27041		Pre-K offered
Rockford Elementary	336-401-1475	719 Rockford Rd Dobson, NC, 27017		Pre-K offered
Shoals Elementary	336-401-1475	1800 Shoals Rd Pinnacle, NC, 27043		Pre-K offered
Tharrington Primary School	336-789-9046	315 Culbert St. Mount Airy, NC, 27030		Pre-K through 2nd Grade
Westfield Elementary	336-401-1475	831 Old Hwy 601 Mount Airy, NC, 27030		Pre-K offered
White Plains Elementary	336-401-1475	710 Cadle Ford Rd Mount Airy, NC, 27030		Pre-K offered
Middle Schools				
Central Middle	336-386-4018	883 Zephyr Rd Dobson, Nc, 27017		
Elkin Middle	336-835-3175	300 Elk Spur st Elkin, NC, 28621		
J Sam Gentry Middle	336-786-4155	1915 W Pine St Mount Airy, NC, 27030		
Meadowview Magnet Middle	336-789-0276	1282 McKinney Rd Mount Airy, NC, 27030		
Mount Airy Middle	336-789-9021	249 Hamburg St Mount Airy, NC, 27030		
Pilot Mountain Middle	336-368-2641	543 Old Westfield Rd Pilot Mountain, NC, 27041		
School Administrative Contacts				
Elkin City Schools	336-835-3135	202 W Spring St Elkin, NC, 28621		
Mount Airy City Schools	336-789-9021	249 Hamburg St Mount Airy, NC, 27030		
Surry County Schools	336-386-8211	209 N. Crutchfield St Dobson, NC, 27017		

# Education

Resource Name	Phone	Address/ Website	Office Hours	Services
High Schools & Early Colleges				
East Surry High	336-368-2251	801 W Main St Pilot Mountain, NC, 27041		
Elkin High	336-835-3858	334 Elk Spur St Elkin, NC, 28621		
Mount Airy High	336-789-5147	1011 N South St Mount Airy, NC, 27030		
North Surry High	336-789-5055	2440 W Pine St Mount Airy, NC, 27030		
Surry Central High	336-386-8842	716 S Main St Dobson, NC, 27017		
Surry Early College	336-386-3621	630 S Main St Dobson, NC, 27017		
Surry Online Magnet School		<a href="https://www.surry.k12.nc.us/domain/3824">https://www.surry.k12.nc.us/domain/3824</a>		
Higher Education				
Surry Community College	336-386-8121	630 S Main St Dobson, NC, 27017		Associate's degree programs, vocational training, various certification tracks, continuing education, GED, and skills enrichment.



# Family Support

Resource Name	Phone	Address/ Website	Office Hours	Services
United Way	211	<a href="https://www.211.org/">https://www.211.org/</a>		Community resource connection hotline
Addiction Recovery Medical Services	704-872-0231	526 Signal Hill Dr Ext Statesville, NC, 28625	M, Tu, Th 5am-12pm W 4am-12pm F 5am-11:30am	Provides suboxone Eligibility: Only accepts full Medicaid, patients will have a \$3 co-pay. Pregnancy Medicaid is considered self-pay. Yveddi will transport from Surry to Statesville and daily if needed.
Autism Society of NC - Surry Chapter		<a href="https://www.autismsociety-nc.org/find-help/">https://www.autismsociety-nc.org/find-help/</a>	See website for monthly meetings	Education, support, and awareness for autism and autism resources
Care Coordination for Children (by SCDSS)	336-401-8400	118 Hamby Rd Dobson, NC, 27017	M-F 8:15am-5pm	Referral and coordination services for children from birth to age 5 years old for those children at risk for developmental delay, long-term stressful situations and special health care needs.'
NC Cooperative Extension	336-401-8025	915 E Atkins St, Suite 300 Dobson, NC, 27017	M-F, 8:15-5pm	USDA, 4-H, and farmers markets
DSS Medicaid	336-401-8400	118 Hamby Rd Dobson, NC, 27017	M-F 8:15am-5pm	Health coverage follow-income adults, children, pregnant women, elderly adults and people with disabilities. Eligibility: income based
DSS Health Choice	336-401-8400	118 Hamby Rd Dobson, NC, 27017	M-F 8:15am-5pm	A health insurance program for children of families whose income exceeds Medicaid guidelines, but cannot afford private insurance. Eligibility: income based
Division of Services for the Blind	336-783-8785	1218 State St. Suite 100 Mount Airy, NC 27030	W, F, and every other Tu 8:15am-5pm	Provides services for those visually impaired, vocational rehabilitation, medical eye care, low vision services, deaf/blind services and aid supplies.
Family Support Network of Greater Forsyth	336-703-4289	4505 Shattalon DR Winston Salem, NC, 27030	M-F, 8-5	Strives to care for children with developmental delays, orthopedic disabilities, and/or other long-term chronic health impairments to prepare them to lead independent, productive and fulfilling lives.
Easterseals UCP of NC & VA	336-789-9492	414 W Lebanon St Mount Airy, NC, 27030 <a href="https://eastersealsucp.com/">https://eastersealsucp.com/</a>	M-Th 8:30-6pm F 9-1pm	Provides individual and community supports for individuals with intellectual development disabilities, intensive in-home services and multi-systemic treatment for children, adolescents and families; assertive community treatment team services for adults with severe and persistent mental illness; as well as outpatient therapy(individual group and family therapy) and psychiatric services for children, adolescents and adults.
NCWorks Career Center	336-789-4169	541 W Pine St. Suite 300 Mount Airy, NC, 27030	M-F 8-5	Employer linked training, individual employment plan retraining, basic skills, career planning, child care assistance, transportation assistance, and job search assistance.

# Family Support

Resource Name	Phone	Address/ Website	Office Hours	Services
Freedom House	336-286-7618	<a href="https://helpfreedomhouse.org/">https://helpfreedomhouse.org/</a>		A home where single mothers can live with their chil- dren while they experience support in theirrecovery. Cost is \$500.00at start and can stay up to a year.
Elkin Career Center	336-526-2144	1457 N Bridge St Elkin, NNC, 28621	M-F 8-5	Job and skills training
Mountain Valley Hospice and Palliative Car	336-356-5000	Joan & Howard Woltz Hospice Home: 945 Zephyr Rd. Dobson, NC, 27017  Mount Airy Office: 1427 Edgewood Dr. Suit 101, Mount Airy, NC  Elkin Office: 968 N Bridge St. Elkin NC, 28621  Pilot Mountain Office: 129 Veterans Dr. Pilot Mountain, NC, 27041  <a href="https://www.mtnvalleyhospice.org/">https://www.mtnvalleyhospice.org/</a>	24/7	Facilitates case management and patient care/ transportation for respite and end-of-life patients. Offers two Public Housing communities with 300 units for families and senior/disabled individuals .
Kids Path (Hospice of the Piedmont)	336-889-8446	2504 Summit Ave. Greensboro, NC, 27405 <a href="https://www.hospiceofthepiedmont.org/programs/kids-path/">https://www.hospiceofthepiedmont.org/programs/kids-path/</a>	8:30am-5pm, M-F	Care for children with terminal illness or children dealing with grief from the loss of a loved one.
HUD (Housing and Urban Development)	336-783-8500	1218 State St Mount Airy, NC, 27030	M 9-4	Public housing established to provide decentand safe rental housing for eligible low-income families, the elderlyand persons with disabilities.
Housing Authority	336-789-8321	505 Jeffries St Mount Airy, NC,27030		Public housing community access
The Legacy Center	336-783-0011	707 W Pine St Mount Airy, NC, 27030  <a href="https://www.legacymtairy.org/">https://www.legacymtairy.org/</a>	M, W, F 10am-5pm	Pregnancy testing and verification, information on pregnancy, abortion risks and procedures, abortion alternatives, community referrals, prenatal and parenting classes, earn while you learn program, earn items from the baby boutique, infant and baby necessities up to 2 years old, childbirth classes, information on abstinence , and post abortion healing
Legal Aid of NC	336-219-5262	102 W. 3rd St. Suite 460 Winston Salem, NC, 27101 <a href="https://legalaidnc.org/">https://legalaidnc.org/</a>	M-F, 8:30am-4:30pm	Free legal help for civil cases, involving basic human needs like safety, shelter and income. Help with domestic violence/ sexual assault, child custody, human trafficking, poor treatment of migrant farm workers, education, retention of entitled government benefits, criminal records, advance directives, unfair/deceptive trade or debt collections, employment/unemployment issues, housing issues and other cases. Eligibility
LH Jones Family Resource Center	336-786-6155	215 Jones School Rd Mount Airy, NC, 27030	M-F, 8-5	Assistance for low income individuals and families, will help meet employment, housing and crisis prevention needs.

# Family Support

Resource Name	Phone	Address/ Website	Office Hours	Services
Medication Assistance	336-783-8500	1218 State St Mount Airy, NC, 27030	M-F 8:15am-5pm	Assists seniors and low-income individuals in evaluating, applying for, and completing prescription assistance applications.
Vocational Rehabilitation Services	336-789-5039	784 W Lebanon St. Mount Airy, NC, 27030	M-F 8-5	Provides counseling, training, education, transportation, and other support services to persons with physical or mental disabilities in order to help them become job ready or achieve their independent living goals.
Postpartum Newborn Home Visiting	336-401-8400	118 Hamby Rd Dobson, NC, 27017	M-F 8:15am-5pm	Provides a home visit after delivery, assessing both mom and baby, education regarding both mom and baby and referral to community resources if needed.
Pregnancy Care Management	336-401-8400	118 Hamby Rd Dobson, NC, 27017	M-F 8:15am-5pm	Promote healthy mothers and healthy babies, provide care management services for high risk women during pregnancy and 2 months after delivery.
Reformers Unanimous (Temple Baptist Church)	336-320-2090	3615 Rockford St Mount Airy, NC, 2730	F at 7pm	Faith-based program that ministers to the addicted. Provides child care during meeting times and free transportation
Surry County Substance Abuse Recovery		<a href="https://www.surrycountycare.com/">https://www.surrycountycare.com/</a>		Virtual resource for care, resources, referrals, and transportation
Social Security Administration	800-722-1213	1187 N Andy Griffith Pkwy Mount Airy, NC, 27030	9am-4pm	Retirement, disability, Medicare, survivor's supplemental security income, retirement estimator, after incarceration transition, spouses retirement, and SSI
Text4Baby		<a href="https://www.text4baby.org/">https://www.text4baby.org/</a>		Receive free text message three times per week, timed to due date or baby's birthdate, through pregnancy and up until baby's first birthday. Text4Baby sends personalized messages directly to you and the texts have information you can trust. Topics include: nutrition for you and your baby, safe sleep tips, baby's milestones, signs and symptoms of labor, doctor visit and appointment reminders, breastfeeding advice, car seat safety, information on health insurance, urgent health alerts, and resource hotlines and websites. Free App also available for download.
YVEDDI Transportation	336-401-8400	118 Hamby Rd Dobson, NC, 27017	M-F 8:15am-5pm	mileage reimbursement for non-emergent medical appointments. Public Transportation: provides transportation at the cost of \$2.00 per trip.
YVEDDI Home Weatherization	336-367-3535 336-367-5997	3800 River Rd Boonville, NC, 27011	M-F 8-4"30pm	Designed to weatherize homes of the elderly, disabled and low-income.

# Family Support

Resource Name	Phone	Address/ Website	Office Hours	Services
Work First	336-401-8700	118 Hamby Rd Dobson, NC, 27017	M-F 8:15am-5pm	Temporary assistance for families in need, helps parents support themselves by offering short-term training and other services to increase the chances of employment. Referrals to childcare and other community and agency resources.
Workforce Unlimited	Mount Airy: 336-789-8220  Elkin: 336-258-2505	Mount Airy: 187 Independence Blvd. Mount Airy, NC, 27030 Elkin: 1300 N Bridge St. Suite 203. Ekin, NC, 28621	M-F 8-5	Support in completing applications and seeking employment.
Surry Friends of Youth	336-789-9064	1151 W Lebanon St Mount Airy, NC, 27030 <a href="http://www.sfoy.org/">http://www.sfoy.org/</a>		Advocating the needs of young people through individual and family counseling, best friends, special needs, parenting skills, and restitution/community services.
The Dragonfly House	336-753-6155	387 Valley Rd Mocksville, NC, 27028 <a href="https://www.thedragonflyhouse.com/">https://www.thedragonflyhouse.com/</a>	M-Th 8-5 F 8-1	Streamlines child abuse or neglect cases. Forensic interviewing, physical exam, processing advocate, and children's therapy provided in one place.
WIC (Women, Infants, and Children)	336-401-8700	118 Hamby Rd Dobson, NC, 27017	M-F 8:15am-5pm	Assistance with formula and nutritional needs for women (pregnancy and up to 12 months post pregnancy if breast feeding), infants, and children.
Children's Center of Surry	336-386-9144	520 N Main St Dobson, NC, 27017	M-F 8-5	Residential placement, parent classes, parenting program, circle of parents support group, parents as teachers program. Children's residential home

# Health & Developmental Services

Resource Name	Phone	Address/ Website	Office Hours	Services
Grace Clinic of Yadkin Valley	336-835-1467	948 Johnson Ridge Rd Elkin, NC, 28621 <a href="https://www.graceclinicnc.org/">https://www.graceclinicnc.org/</a>	M,Tu,Th 8-5 W 8am-11:30am	Medical care for those without insurance.
Surry County Health and Nutrition Center	336-401-8400	118 Hamby Rd Dobson, NC, 27017	M-F 8:15am-5pm	Child Health, Adult Primary Care Clinic, Immunizations, Dental Clinic, Family Planning, Breast and Cervical Cancer, Testing and treatment for TB and STD, Project Lazarus, Diabetes Education, Medical Nutrition Therapy, Senior Services Programs, WIC, Breastfeeding Education, Care Coordination for Children, Pregnancy Care Management, , Medication Assistance, Health Education, Community Alternatives Program (CAP), Environmental Health, Women's Adult Health, and Migrant Health.
Surry Medical Ministries	336-789-5058	951 Rockford St Mount Airy, NC, 27030	M, W, Th 9am-3pm Tu 5pm-8pm	Medical treatment and prescriptions; food bags given out last Tuesday night of each month.
Atrium Health Ryan White HIV/ AIDS Program and Clinic	336-716-2700	Janeway Tower, 7th Floor 1 Medical Center Blvd Winston Salem, NC, 27157	M-W, 7:40am-11am Th, 9am-11am F, 7:40am-11am, 1:30pm-3pm	

# Medical Providers

Resource Name	Phone	Address/ Website	Office Hours	Services
<b>Atrium Health Wake Forest Baptist Medical Center</b>	336-716-2011	1 Medical Center Blvd Winston Salem, NC, 27157	24/ 7	Specialty services, <b>Emergency Department</b> , ICU, CIVCU, <b>Level I Trauma Center</b> , Behavioral Health, Inpatient, Cancer Center, <b>Pediatric Emergency Department</b> , Inpatient Surgery, Outpatient Surgery, <b>Stroke Center</b>
Atrium Health Foothills (Family Medicine, Diagnostic Imaging , Urology, Neurology)	336-786-5108	910 Worth St Mount Airy, NC, 27030	M-F 8am-5:30pm Sa 8am-11am	Primary care provider, diagnostic imaging, urology, and neurology
Atrium Health Dobson Family Medicine	336-386-4452	111 N Comer St Dobson, NC, 27017	M-F, 8am-5pm	Primary care provider
Atrium Health Northern Cardiology	336-786-6146	708 S South St Mount Airy, NC, 27030	M-Th, 8am-5pm	Cardiologist
Atrium Health Heart and Vascular	336-716-2405	100 Johnson Ridge Rd Elkin, NC, 28621	M-F, 8am-12pm, 1pm-5pm	Cardiologist
Atrium Health Hematology and Oncology	336-786-8880	450 Price St Mount Airy, NC, 27030	M-F 8am-5pm	Hematologists (blood disease), cancer specialists
Atrium Health Mount Airy Dialysis Center	336-789-4090	1280 Newsome St Mount Airy, NC, 27030	M-Sa, 6am-4:30pm	Dialysis
<b>Hugh Chatham Memorial Hospital</b>	336-527-7000	180 Parkwood Dr Elkin, NC, 28621 <a href="https://hughchatham.org/find-a-location/">https://hughchatham.org/find-a-location/</a>	24/7	In-patient hospitalization, ICU, <b>emergency department</b> , <b>Stroke Center</b>
<b>Hugh Chatham Express Care (Dobson)</b>	336-374-1113	911 E Atkins St Dobson, NC, 27017	M-F 7am-6:30pm Sa-Su 8am-4pm	<b>Urgent Care</b> , family medicine, primary care
<b>Hugh Chatham Urgent Care (Elkin)</b>	336-366-1072	631 CC Camp Rd Elkin, NC, 28621	M-F 7am-6:30pm Sa-Su 8am-4pm	<b>Urgent care</b>
Hugh Chatham Dermatology	336-835-0165	201-A Eldon Parks Dr Elkin, NC, 28621	M-Th 8-5	Dermatology provider
Hugh Chatham Endocrinology	336-258-8100	500 Chatham Medical Park Elkin, NC, 28621	M-F 8-5	Endocrinology provider
Hugh Chatham Family Medicine and Obestrics	336-257-8359	680 Parkwood Medical Park Elkin, NC, 28621	M-F 8-5	Family medicine, primary care, obstetrics provider
Hugh Chatham Family Medicine of Elkin	336-835-4819	600 Chatham Medical Park Elkin, NC, 28621	M-F 8-5	Family medicine, primary care
Hugh Chatham Gastroenterology	336-835-2349	201 W Main St Elkin, NC, 28621	M-F 8-5	GI specialist
Hugh Chatham General Surgery	336-835-2349	101A Eldon Parks Dr Elkin, NC, 28621	M-Th 8-5	General surgery
Hugh Chatham Internal Medicine	336-835-3136	500 Chatham Medical Park Elkin, NC, 28621	M-F 8-5	Internal medicine specialist
Hugh Chatham Internal Medicine and Transitional Health	336-258-8094	300 Johnson Ridge Medical Park Elkin, NC, 28621	M-F, 8am-5pm	Chronic illness specialists, certain screenings and procedures
Hugh Chatham Multispecialty	336-352-4500	123 Scenic Outlet Ln, Suite 3 Mount Airy, NC, 27030	M-F, 8am-12pm	
Hugh Chatham Nephrology	336-835-3136	500 Chatham Medical Park Elkin, NC, 28621	M-F, 8am-5pm	Nephrologist, kidney specialists
Hugh Chatham Neurology	336-526-0188	101-B Eldon Parks Dr Elkin, NC, 28621	M-F, 8am-5pm	Neurologists
Hugh Chatham Orthopedics of Elkin (Tri-County Orthopedics and Sports Medicine)	336-526-4500	400 Johnson Ridge Medical Park Elkin, NC, 28621	M-F, 8am-5pm	Orthopedics, sports medicine
Hugh Chatham Orthopedics of Mount Airy	336-789-9041	1908 Caudle Dr Mount Airy, NC, 27030	M-Th, 8:30-4:30pm F 8:30am-1pm	Orthopedics, sports medicine

# Medical Providers

Resource Name	Phone	Address/ Website	Office Hours	Services
Hugh Chatham Outpatient Therapy of Elkin	336-835-0303	400 Johnson Ridge Medical Park Elkin, NC, 28621	M-Th. 8am-5pm F 8am-1pm	Physical rehabilitation
Hugh Chatham Outpatient Therapy of Mount Airy	336-352-4500	123 Scenic Outlet Lane, Suite 3 Mount Airy, NC, 27030	M-Th. 8am-5pm F 8am-12pm	Physical rehabilitation
Hugh Chatham Podiatry	336-835-7676	150 Chatham Medical Park Elkin, NC, 28621	M-Th, 8am-5pm	Foot care specialists
Hugh Chatham Psychiatry and Behavioral Health	336-526-2619	690 Parkwood Medical Park Elkin, NC, 28621	M-Th, 8am-5pm	Behavioral health services, outpatient psychiatric services
Hugh Chatham Urology	336-526-0040	200 Johnson Ridge Medical Park Elkin, NC, 28621	M-Th, 8am-5pm	Urologist
Hugh Chatham Women's Center	336-835-5945	150 Parkwood Medical Park Elkin, NC, 28621	M-F, 8am-5pm	OBGYN, Women's health
Hugh Chatham Wound Center	336-527-1033	800 Chatham Medical Park Elkin, NC, 28621	M-F, 8am-5pm	Wound care and management
<b>Northern Regional Hospital</b>	336-719-7000	830 Rockford St Mount Airy, NC, 27030	24/7	<b>Emergency Department</b> , Inpatient, outpatient surgery, <b>Stroke Center</b> , Imaging/ Radiology, ICU, Skilled Nursing Center
<b>Northern Urgent Care</b>	336-719-7200	119 Welch Rd Mount Airy, NC, 27030	M-F, 8am-7pm Sa, 8am-5pm Su, 11am-5pm	<b>Urgent Care</b>
Northern Cardiac Rehabilitation	336-783-8448	806 S. South St Mount Airy, NC, 27030	M-F, 8am-5pm	Cardiovascular physical rehabilitation
Northern Cardiology	336-786-6146	708 S. South St. Suite 200 Mount Airy, NC, 27030	M-Th, 8am-5pm F 8am-12pm	Cardiology, heart specialists
Northern Family Medicine	336-786-4133	280 North Point Blvd Mount Airy, NC, 27030	M-Th, 8am-7pm F 8am-6pm	Primary care provider, general medicine
Northern Gastroenterology	336-786-6277	708 S. South St, Suite 100 Mount Airy, NC, 27030	M-Th, 8am-5pm F 8am-12pm	GI specialists
Northern Rehabilitation	336-719-7129	314 S. South St, Suite 100 Mount Airy, NC, 27030	By appointment	Physical rehabilitation
Northern Occupational Health	336-719-7138	119 Welch Rd., Suite C Mount Airy, NC, 27030	M-F, 8am-5pm	Occupational health and screenings
Northern Orthopedics	336-719-0011	314 S. South St, Suite 100 Mount Airy, NC, 27030	M-Th, 8am-5pm F 8am-12pm	Orthopedics and sports medicine
Northern Pediatrics	336-789-6267	100 North Pointe Blvd Mount Airy, NC, 27030	M-Th, 9am-7pm F, 8am-5pm Sa, 9am-1pm	Pediatrician
Northern Pulmonary Rehabilitation	336-783-8448	806 S. South St Mount Airy, NC, 27030	M-F, 8am-5pm	Pulmonary physical rehabilitation
Northern Urology	336-786-5144	423 S. South St Mount Airy, NC, 27030	M-Th, 8am-5pm F 8am-12pm	Urologist
Northern Obstetrics and Gynecology	336-786-4522	510 S. South St Mount Airy, NC, 27030	M-F, 8am-5pm	OBGYN
Northern Wound Care Center	336-786-2033	314 S. South St, Suite 200 Mount Airy, NC, 27030	M-F, 8am-4:30pm	Wound care, wound management
<b>Surry Rural Health Center</b>	336-352-4900	13 Scenic Outlet Ln., Unit 2 Mount Airy, NC, 27030	M-F, 8am-7pm Sa, 8am-2pm Su, 1pm-5pm	Primary care provider, labs, <b>urgent care</b> , pharmacy
Piedmont Ear, Nose, and Throat Associates	336-786-7366	708 S. South St., Suite 300 Mount Airy, NC, 27030	M-F, 8am-5pm	ENT
<b>Novant Health Forsyth Medical Center</b>	336-718-5000	3333 Silas Creek Pkwy Winston-Salem, NC, 27103	24 / 7	<b>Emergency Department</b> , Inpatient, outpatient surgery, <b>Stroke Center</b> , Imaging/ Radiology, ICU, CVICU

# Medical Providers

Resource Name	Phone	Address/ Website	Office Hours	Services
Novant Health Surry Medical Associates	336-719-6100	865 Westlake Dr. Mount Airy, NC, 27030	M-F, 7:30am-5pm	Primary care provider
Novant Health Surry Medical Extended Care	336-673-6560	2133 Rockford St. Suite 1400 Mount Airy, NC, 27030	M-Sa, 7am-7pm	Walk-in Primary Care provider
Novant Health Neurology and Sleep, Brain and Spine Surgery	336-277-2200	933 Rockford St., Suite 2 Mount Airy, NC, 27030	Neurology & Sleep: F, 8am-5pm  Brain & Spine Surgery: Th, 1pm-5pm	Neurologist, sleep studies, surgery
Novant Health Cancer Institute of Mount Airy	336-783-6935	1908 Caudle Dr. Suite 200 Mount Airy, NC, 27030	M-F, 8am-5pm	Oncology, cancer services
Novant Health Pilot Mountain Medical Care	336-368-5011	207 Medical St Pilot Mountain, NC, 27041	M-F, 8am-5pm	Primary care provider
Novant Health Cardiology	336-719-7892	694 Riverside DR Mount Airy, NC, 27030	M-F, 8am-5pm	Cardiologist
Novant Cardiology of Elkin	336-526-3005	189 Samaritans Ridge Rd Elkin, NC, 28621	M-F, 8am-5pm	Cardiologist
Aegis Family Health Center	336-786-5108	910 Worth St Mount Airy, NC, 27030		
Bethany Medical Center of Mount Airy	336-289-2288	1908 Caudle Dr Mount Airy, NC, 27030	M, 8am-5pm Tu-Sa, 8am-6pm	Primary care, pain management
Carolina Heart Care	336-386-4477	651 S Main St Dobson, NC, 27017	M-Th, 8am-4pm	Cardiologist



# Vision Services

Resource Name	Phone	Address/ Website	Office Hours	Services
Mount Airy Vision Center	336-789-9031	602 S Renfro St Mount Airy, NC, 27030	M, 9am-5pm Tu-Th, 8am-5pm F, 8am-12pm	
Eye Care Center	336-386-8526	212 S Main St Dobson, NC, 27017	M-Th, 8:30am-5:30pm F, 8:30am-5pm	
Walmart Vision and Glasses	Elkin: 336-835-5211  Mount Airy: 336-786-2026	Elkin: 548 CC Camp Rd Elkin, NC, 28621  Mount Airy: 2241 Rockford St Mount Airy, NC, 27030	M-F, 9am-6pm Sa, 9am-5pm Su, 10am-3pm	
Atrium Health Eye Center - Mount Airy	336-716-0650	1015 Worth St Mount Airy, NC, 27030	M-F, 8am-5pm	
Atrium Health Eye Center - Elkin	336-716-3822	177 Parkwood Dr Elkin, NC, 28621	M, 8am-6pm Tu-F, 8am-5pm	
Family Vision Care	336-835-2244	1816 N Bridge St Elkin, NC, 28621	M-F, 8am-5pm	
Optical Place	336-786-4173	447 N Andy Griffith Pkwy, Suite 200 Mount Airy, NC, 27030		
Elkin Eye Care	336-835-1312	346 N Bridge St Elkin, NC, 28621	M-Th, 8:15am-12:15pm, 1:15pm-5pm F, 8:15am-12pm	

# Dental Services

Resource Name	Phone	Address/ Website	Office Hours	Services
ManiDental Family Practice	336-444-9027	835 Claremont Center Dr Elkin, NC, 28621	M-F, 7:30am-3:30pm	
Blue Ridge Dental	336-789-5306	933 Rockford St Suite 7 Mount Airy, NC, 27030	M-Th, 8am-5pm	
Dobson Dental	336-386-8251	214 S Crutchfield St Dobson, NC, 27017	M-Th, 8am-4pm	
Aspen Dental	336-429-4146	2151 Rockford St Mount Airy, NC, 27030	M, 9am-7pm Tu-Th, 7:30am-5:30pm F, 7:30am-12:30pm	
Lane and Associates Family Dentistry	336-789-1025	161 Kodiak Ln Mount Airy, NC, 27030	M-Th, 7:30am-5pm	
Sumner Family Dentistry	336-786-6612	1124 S South St Mount Airy, NC, 27030	M-Th, 8am-5pm F, 8am-12pm	
James H. Wells, DDS, PA	336-789-2929	1284 Newsome St Mount Airy, NC, 27030	M-Th, 8am-5pm F, 8am-1pm	
Melissa W. Smith, DDS, PA	336-786-5045	304 E Independence Blvd. Suite 200 Mount Airy, NC, 27030	M-Th, 8am-1pm, 2pm-5pm	
Mount Airy Dental Studio	336-844-2281	933 Rockford St Suite 1 Mount Airy, NC, 27030	M-Th, 8am-5pm F, 8am-2pm	
John L. Gravitte, DDS, PA	888-477-2555	140 North Pointe Blvd Mount Airy, NC, 27030	M-Tu, 7:30am-6pm W-F, 7:30am-3:30pm	
Parkwood Dental	336-835-5579	400 Parkwood Medical Park Elkin, NC, 28621	M-Th, 8am-5pm	
Elkin Dental	336-835-7113	320 Parkwood Medical Park Elkin, NC, 28621	M-Th, 8am-5pm F, 8am-1pm	
My Orthodontist	336-789-4742	933 Rockford St, Suite 4 Mount Airy, NC, 27030	M-Th, 8am-5pm F, 9am-2pm	
Mount Airy Pediatric Dentistry	336-415-7777	202 Rawley Ave. Mount Airy, NC, 27030	M-F, 8am-5pm	
Foothill Family Dentistry	336-368-4708	111 S. Davis St Pilot Mountain, NC, 27041	M-Th, 7:30am-4:30pm	
DC4 Dentistry	336-835-2275	500 Parkwood Medical Park Elkin, NC, 28621	M-Th, 8am-5pm	
Patrick McMillan, DDS	336-368-2638	105 E Marion St Pilot Mountain, NC, 27041	M-W, 7:30am-4pm Th, 7:30am-12pm	
Surry County Health and Nutrition Center - Dental Clinic	336-401-8409	118 Hamby Rd Dobson, NC, 27017	M-Th, 8:15am-5pm	

# Developmental & Intellectual Disabilities

Resource Name	Phone	Address/ Website	Office Hours	Services
Surry County Schools Exceptional Children Services	336-386-8211	209 N Crutchfield St Dobson, NC, 27017	M-F, 8:15am-5pm	Contact for the Surry County School system
Surry County Health and Nutrition Center - Community Alternatives Program (CAP)	336-401-8400	118 Hamby Rd Dobson, NC, 27017	M-F, 8:15am-5pm	
Lifespan Services	336-374-4466	623 Rockford Rd Dobson, NC, 27017 <a href="https://www.lifespanservices.org/">https://www.lifespanservices.org/</a>		Provides periodic CAP/MR services to children and adults who have a developmental disability.
ABC of NC	336-251-1180	905 Friedberg Church Rd Winston Salem, NC, 27127 <a href="https://abcofnc.org/">https://abcofnc.org/</a>	M-F, 8:30am-5pm	Behavior analysis, learning/ education center, and counseling services for those diagnosed with autism
A Bridge to Achievement	336-560-7878	1959 N Peace Haven Rd Winston Salem, NC, 27106		Diagnostics, Assessments, and caregiver training for children diagnosed with autism
North Carolina Children and Youth with Special Health Care Needs Help Line	1-800-737-3028	<a href="https://www.dph.ncdhhs.gov/wch/families/helplines.htm">https://www.dph.ncdhhs.gov/wch/families/helplines.htm</a>		Help line that can provide information and support with a wide range of needs for those with physical, behavioral, and developmental disabilities

# Housing (Non-Crisis)

Resource Name	Phone	Address/ Website	Office Hours	Services
River Hill Apartments	336-789-6714	1248 Newsome St Mount Airy, NC, 27030		
Spencer's Mill Apartments	336-355-2226	328 Willow St Mount Airy, NC, 27030		
Edgewood Place Apartments	336-320-7033	Edgewood Place Ln Mount Airy, NC, 27030		
South Village Apartments	336-789-4146	1348 Carolina Ct Mount Airy, NC, 27030		
Globe Tobacco Lofts	336-786-1438	838 S Main St Mount Airy, NC, 27030		
Camden Apartments	336-789-6714	541 Merrit St Mount Airy, NC, 27030		Accommodations for those with physical disabilities, section 8 housing
Northwood Apartments	336-786-1888	112 Northwood Dr Mount Airy, NC, 27030		
Pine Terrace Apartments	336-789-1995	407 Pine Terrace Dr Mount Airy, NC, 27030		Income-based housing
Willow Hill Apartments	336-789-8500	830 Willow Hill Cir Mount Airy, NC, 27030		
Jasper Pointe Apartments	336-823-1282	100 Jasper Pointe Cir Mount Airy, NC, 27030		
Mountain Place Apartments	336-719-2226	501 Mountain Place Ln Mount Airy, NC, 27030		Accommodations for those with physical disabilities, income based housing
Whistler's Cove Apartments	336-415-5906	129 Whistler's Cove Ct Mount Airy, NC, 27030		Income based housing
Isabelle Court	336-673-0745	120 W 52 Bypass Pilot Mountain, NC, 27041		
Pinnacle Hill Apartments	336-368-2345	106 S Key St Pilot Mountain, NC, 27041		
Pilot Grove Apartments	704-857-7355	320 N Key St Pilot Mountain, NC, 27041		
Creekside Village Apartments	336-386-9636	240 Creekside Dr Dobson, NC, 27017		
Dobson Village Apartments	336-386-8656	101 Village Cir Dobson, NC, 27017		
Shamrock Terrace Apartments	336-386-4502	100 Shamrock Terrace Ln Dobson, NC, 27017		Income based housing
Surry Manor Apartments	336-386-8349	100 Surry Manor Ln Dobson, NC, 27017		
Spring Valley Apartments	336-526-0193	100 S Kirkland Ave Elkin, NC, 28621		
Elk Court Apartments	336-835-4033	150 Elk Ct. Dr Elkin, NC, 28621		
Woodrun Apartments	336-835-4071	200 Lyles St Elkin, NC, 28621		
Collinswood Apartments	336-835-5590	250 Lyles St Elkin, NC, 28621		
Woodland Bluff Apartments	336-820-4129	125 Woodland Dr Elkin, NC, 28621		
Chatham Wood Senior Living	336-835-9663	230 Hawthorne Rd Elkin, NC, 28621		
Parkwood Place Independent Living	336-526-6000	601 Johnson Ridge Rd Elkin, NC, 28621		

# Housing (Non-Crisis)

Resource Name	Phone	Address/ Website	Office Hours	Services
Yadkin Valley Senior Living	336-835-6672	500 Johnson Ridge Rd Elkin, NC, 28621		
Cooper Terrace Apartments	336-258-8880	259 PGW Dr Elkin, NC, 28621		
Maple Ridge Apartments	336-835-1566	900 Johnson Ridge Rd Elkin, NC, 28621		

# Shelters

Resource Name	Phone	Address/ Website	Office Hours	Services
The Ark/ Echo Ministry	336-527-1637	130 Hill Street Elkin, NC 28621 <a href="https://www.thearkelkin.org/">https://www.thearkelkin.org/</a>	24/7	Emergency housing for homeless families who are not victims of domestic violence. Eligibility: No couples unless married; no single men; accepts single father with children.
The Shepherd's House	336-786-1420	246 Spring St Mount Airy, NC 27030 <a href="https://shepherdshousema.org/">https://shepherdshousema.org/</a>	NA	Shelter for homeless families and single women who are not victims of domestic violence. Eligibility: No single men without children; will take single men with children.

# Parks, Recreation, & Wellness

Resource Name	Phone	Address/ Website	Office Hours	Services
Workout Anytime	336-339-4721	639 W Independence Blvd Mount Airy, NC, 27030	24/7 Access Staffed hours may vary	Indoor gym with 24/7 access. Personal trainers available.
Anytime Fitness	336-719-6588	844 N Main St Mount Airy, NC, 27030	24/7 Access Staffed hours may vary	Indoor gym with 24/7 access. Personal trainers available.
Northern Wellness and Fitness Center (Pro Health)	336-783-0399	280 N Pointe Blvd Mount Airy, NC, 27030	M-F, 5am-10pm Sa, 5am-5pm Su, 1pm-5pm	Indoor gym, pool, and indoor sports. Located with a variety of medical providers and doctor's offices.
Reeves Community Center	336-786-8313	113 S Renfro St Mount Airy, NC, 27030	M-F, 5:30am-9pm Sa, 8am-5pm Su, 1pm-5pm	Indoor gym, outdoor pool, indoor and outdoor sports facilities. Also includes a nursery room.
Ridzo CrossFit & Athletics	336-648-8040	541 W Pine St Mount Airy, NC, 27030	M-F, 6am-7pm Sa, 9am-10am	Gym for crossfit training and fitness.
PrimeTime Performance	336-401-0651	1247 N South St Mount Airy, NC, 27030	M-Th, 10am-8pm F, 10am-6pm Sa, 9am-2pm	Sports training facility for adults and children.
Hugh Chatham Aquatic and Wellness Center	336-527-7468	700 Chatham Medical Park Elkin, NC, 28621	M-Th, 6:30am-7:30pm F, 6:30am-6:30pm	Indoor gym and aquatic fitness.
Elkin Recreation Center	336-258-8917	399 Hwy 268 W Elkin, NC, 28621	M-Th, 6am-9pm F, 6am-7pm Sa, 7am-2pm Su, 1pm-5pm	Indoor and outdoor sports facilities, outdoor pool, and indoor gym. Small fee to utilize.
North Bridge Physio	336-970-0324	1605 N Bridge St Elkin, NC, 28621	M-F, 3:30pm-7:30pm Sa, 9am-10:30pm	Offers crossfit, personal trainers, and sports performance enhancement.
Fisher River Park	336-401-8239	251 County Home Rd Dobson, NC, 27017	Su-Sa, 8am-8pm	Playground, variety of outdoor sports facilities, and walking and biking trails
Riverside Park	336-786-9313	350 Riverside Dr Mount Airy, NC, 27030	Su-Sa, 6am-9pm	Playground, variety of outdoor sports fields, walking and biking trails, river access, and picnic areas
Westwood Park	336-786-8313	1250 Galax Trl Mount Airy, NC, 27030	Su-Sa, 7am-9pm	Playground, sports fields, walking and biking trails, and fishing pond
Tharrington Park	336-786-8313	1040 Spring St Mount Airy, NC, 27030	Su-Sa, 6am-8:30pm	Walking and biking trails, river access, sports fields
H. B. Rowe Environmental Park		217 Hamburg St Mount Airy, NC, 27030	Su-Sa, 6:30am-9pm	Walking and biking trailers and picnic shelter
Veterans Memorial Park	336-786-2236	691 W Lebanon St Mount Airy, NC, 27030	Tu-F, 10am-5pm Sa, 10am-4pm	RV parking, campsites, event space, sports fields, walking and biking trails
Greenway Dog Park		597 W Independence Blvd Mount Airy, NC, 27030		Green field area for walking dogs and pets
Dobson Squad Park	336-356-8962	110 S Crutchfield St Dobson, NC, 27017		Walking path, green area, playground, splash pad
Pilot Mountain State Park	336-444-5100	1721 Pilot Knob Park Rd Pinnacle, NC, 27043	Su-Sa, 8am-6pm	Camping areas, hiking and biking trails, scenic areas, picnic areas
Armfield Civic and Recreation Center	336-368-2012	873 W 52 Bypass Pilot Mountain, NC, 27041	M-F, 5:30am-8pm Sa, 8am-4pm Su, 1pm-5pm	Indoor gym, indoor and outdoor sports fields and tracks, indoor pools, youth programs, child care
Elkin Municipal Park	336-258-8917	399 NC 268 W Elkin, NC, 28621	24/7	Walking trails, biking trails, green areas, sports fields, river access

# Parks, Recreation, & Wellness

Resource Name	Phone	Address/ Website	Office Hours	Services
Homeplace Recreational Park	336-374-5173	258 Homeplace Park Rd Ararat, NC, 27007	Su-Sa, 10am-6pm	Outdoor pools, splash pad, playgrounds, sports fields, miniature gold course
Salem Fork Community Park		112 Salem Fork Rd Elkin, NC, 28621		Baseball field
Shoals Community Recreation Center		2954 Shoals Rd Pinnacle, NC, 27043		Sports fields, walking and biking trails
Mountain Park Community Park		505 Mountain Park Rd State Road, NC, 28676		Walking trailer with stage and area for community events
Camp Raven Knob	336-352-4307	266 Raven Knob Rd Mount Airy, NC, 27030	M-F, 9am-5pm	Boy Scout reservation with hiking and biking trails, various sports fields and ranges, and lake access



# Other Resources

Resource Name	Phone	Address/ Website	Office Hours	Services
Emergency Services				
Surry County 911 Communications Emergency Line	911	139 Dobson Church of Christ Rd Dobson, NC, 27017	24/7	For all life-threatening and immediate emergencies, call 911
Surry County 911 Communications Administrative Line	336-374-3000	139 Dobson Church of Christ Rd Dobson, NC, 27017	24/7	For urgent but non-emergency problems that require law enforcement, emergency medical services, the fire departments, the rescue squads, or any other emergency service, call the administration line
Surry County Sherriff's Office	336-401-8900	218 N Main St Dobson, NC, 27017	M, Tu, W, F, 8am-5pm Th, 8am-7pm (Contact Communications after hours)	All administrative services, including general questions, gun permits/ concealed carry, backgrounds checks, and similar activities.
Surry County Detention Center	336-401-8975	218 N Main St Dobson, NC, 27017	24/7	For jail services, bail and inmate inquiries
Elkin Police Department	336-258-8910	226 N Bridge St Elkin, NC, 28621	24/7	For administrative needs and for urgent, but non-emergent, law enforcement assistance in the Town of Elkin.
Mount Airy Police Department	336-786-3535	150 Rockford St Mount Airy, NC, 27030	24/7	For administrative needs and for urgent, but non-emergent, law enforcement assistance in the City of Mount Airy.
Dobson Police Department	336-356-8161	201 W Kapp St Dobson, NC, 27017	M-F, 8am-5pm (Contact Communications after hours)	For administrative needs and crime reports during business hours. For urgent or emergency dispatch, contact communications.
Pilot Mountain Police Department	336-368-4725	124 W Main St Pilot Mountain, NC, 27041	M-F, 8am-5pm (Contact Communications after hours)	For administrative needs and crime reports during business hours. For urgent or emergency dispatch, contact communications.
Surry County Emergency Services	336-783-9000	1218 State St Mount Airy, NC, 27030	M-F, 8am-5pm (Contact Communications after hours)	For administrative needs, including billing and patient information. For urgent or emergency dispatch, contact communications.
Surry County Fire Marshall's Office	336-783-9040	1218 State St Mount Airy, NC, 27030	M-F, 8am-5pm (Contact Communications after hours)	For administrative needs, including permits and regulations. For urgent or emergency dispatch, contact communications.
County Administration & Legal Contacts				
Surry County Register of Deeds	336-401-8150	201 E Kapp St Dobson, NC, 27017	M-F, 8:15am-5pm	Birth, death, marriage, and military records, real estate documents, other records and documentation services
Surry County Magistrate	336-386-3719	120 W Kapp St Dobson, NC, 27017	M-F, 8:15Am-5pm (Contact Communications after hours)	Emergency and urgent legal proceedings, 50B processes, criminal charges, issuance of marriage licenses, other legal proceedings
Surry County District Attorney	336-386-3710	201 E Kapp St Dobson, NC, 27017	M-F, 8am-5pm	
Surry County Clerk of Court	336-386-3700	201 E Kapp St Dobson, NC, 27017	M-F, 8:30am-5pm	All administrative aspects relating to the local court system or an upcoming court case

# Other Resources

Resource Name	Phone	Address/ Website	Office Hours	Services
Surry County Health and Nutrition Center	336-401-8400	118 Hamby Rd Dobson, NC, 27017	M-F, 8:15am-5pm	Provides a wide variety of clinics (dental, pediatric, and adult) for little to no costs, as well as specialty services and clinics, and is responsible for community health education, epidemiology and population health.
Surry County Department of Social Services	336-401-8700	118 Hamby Rd Dobson, NC, 27017	M-F, 8:15am-5pm	Provides assistance with child and parental wellbeing, social assistance, assistance for the elderly, those struggling with financial problems, and those with disabilities. Also provides child protection and adult protective services.

# Data Notes

## Secondary Data

Secondary data has been extracted from the sources individually cited and referenced.

NC DETECT and other data initially reported as counts were converted into incidence rates per 10,000 people consistently throughout the Community Health Assessment (CHA). Incidence rates were calculated by dividing the defined count by the total number of individuals assessed (typically cases/ deaths by the entire population), then multiplied by 10,000. All incidence rates from 2018 to present were calculated using the 2020 Census data as reported by the US Census Bureau from the decennial census. All incidence rates from 2017 and previous were calculated using the 2010 Census data as reported by the US Census Bureau from the decennial census. No statistics presented were calculated using the US Census Bureau's Population Estimates Program (PEP).

Certain data may not be presented in a linear function due to small counts in individual timeframes that would warrant suppression to protect patient privacy, and thus may have been grouped over a multi-year span (aggregated data). Aggregating the data presented also assists in adjusting for the high-impact that small variations in year-to-year counts can cause for overall incidence rates.

All data collected and reported from NCDETECT are expressed in crude rates. Unless otherwise specified, data from other secondary sources is expected to crude rates and not age-adjusted rates.

Data timespans may not be consistent throughout the document. This is due to variations in data reported based on the source. Certain agencies may have reported data as soon as 2022, while other's may only be as recent as 2019. For the sake of this CHA, we attempted to exclude secondary sources that were not able to provide County-level data up to at least 2020. In order to illustrate trends with this delayed data, the utilization of earlier years may be displayed, though 2018 was our target benchmark as to track progress from our previous CHA.

Regional data has been expressed as such, and may have been used in place of local data. Regional data is expressed in terms of NCALHD Region 3. Due to the diverse nature of Region 3 and the wide variations in demographics and health determinants, no regional averaging was used to attempt to portray Surry County individually.

## Primary Data

Primary data was collected through the use of a Community Needs Assessment. The Assessment was distributed via email to other local agencies in the county, businesses, faith-based communities, schools, senior centers, childcare centers, and healthcare providers. It was also located on the county's social media page. Paper copies were distributed to those who did not have access to technology/internet.

Primary data was also collected from Community Partners, such as Emergency Management, Hospitals, Chamber of Commerce, School Systems, and Economic Development.

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